

*Fresh, Healthy, Good Food
Every Day!*



this institution is an equal opportunity provider

November 2018 PSA Hot & Cold K-12 Breakfast Menu

Week 3	Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018	Friday, November 2, 2018
All Breakfast Bags, Except Yogurt & Chz Meet USDA Requirements	4oz Assorted Breakfast Bread (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Pancakes & Syrup (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Pillsbury Cherry Strudel Frudel (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Maple Waffle w/Syrup (2comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Apple Jacks Cereal (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 4	Monday, November 5, 2018	Tuesday, November 6, 2018	Wednesday, November 7, 2018	Thursday, November 8, 2018	Friday, November 9, 2018
All Breakfast Bags, Except Yogurt & Chz Meet USDA Requirements	Bakecrafters WG Honey Bun (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Breakfast Croissant (2 comp) Croissant, Chicken Patty & Slice Cheese 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Frosted Mini Wheats Cereal (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Kellogg's French Toast Mini Bites (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Sausage & Cheese Biscuit (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 5	Monday, November 12, 2018	Tuesday, November 13, 2018	Wednesday, November 14, 2018	Thursday, November 15, 2018	Friday, November 16, 2018
All Breakfast Bags, Except Yogurt & Chz Meet USDA Requirements	Betty Crocker Choc Chip Oatmeal Bar (1 comp) Chz Stick (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Multigrain Cheerios (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Breakfast Bagel (2 comp) Chicken Patty & Cheese Slice 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Lemon Poppy Seed Breakfast Loaf (1 comp) Chz Stick (1 comp) 100% Fruit Juice (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	French Toast Sticks & Syrup (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 6	Monday, November 19, 2018	Tuesday, November 20, 2018	Wednesday, November 21, 2018	Thursday, November 22, 2018	Friday, November 23, 2018
All Breakfast Bags, Except Yogurt & Chz Meet USDA Requirements	Bakecrafters WG Honey Bun (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	4 oz Assorted Breakfast Bread (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Croissant w/Egg Patty & Cheese (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Golden Grahams Cereal (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Biscuit, Sausage Patty & Cheese Sand (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 1	Monday, November 26, 2018	Tuesday, November 27, 2018	Wednesday, November 28, 2018	Thursday, November 29, 2018	Friday, November 30, 2018
All Breakfast Bags, Except Yogurt & Chz Meet USDA Requirements	Assorted Cereal Bar (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Turkey Sausage Pancake Wrap (2 comp) w/Syrup 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Low Sugar Trix Cereal (1 comp) Yogurt (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Pillsbury Apple Frudel (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Croissant & Sausage Breakfast Sand (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com

Skim & 1% Milk choices offered daily