

# USD 409 Atchison Public Schools November 2017 Breakfast Menu

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <b>11/1/17</b>  |  |   |   |  |
|   |  | Whole Grain Biscuit<br>Sausage Pattie<br>OR<br>Cereal & WG Toast<br>Grapefruit<br>Fruit Cocktail    | Ham<br>OR Dry Cereal<br>Cinnamon OR Plain Toast<br>Banana<br>Pineapple                                | WG Coffee Cake<br>OR<br>Cereal & Toast<br><br>Additional Fruit               |
| <b>11/6/17</b>  |  |   |   |  |
|   |  |   |   |  |
| Whole Grain Frudel<br>OR<br>Cereal & WG Toast<br>Juice<br>Pears   | WG Cake Donuts<br>OR<br>Cereal & WG Toast<br>Cantaloupe<br>Raisins             | Whole Grain Biscuit<br>WG Chicken Pattie<br>OR<br>Cereal & WG Toast<br>Grapefruit<br>Fruit Cocktail | Oatmeal<br>OR Sausage Pattie<br>Or Dry Cereal<br>Cinnamon OR Plain Toast<br>Apricots<br>Pineapple     | Yogurt & Granola<br>OR<br>Cereal & Toast<br>Strawberries<br>Additional Fruit |
| <b>11/13/17</b>   |  |   |   |  |
|   |  |   |   |  |
| WG Poptart<br>OR<br>Cereal & WG Toast<br>Applesauce<br>Raisins    | WG Waffles<br>OR<br>Cereal & WG Toast<br>Blueberries<br>Peaches                | Whole Grain Biscuit<br>Gravy<br>OR<br>Cereal & WG Toast<br>Juice<br>Mango                           | Oatmeal<br>OR Egg Pattie<br>Or Dry Cereal<br>Cinnamon OR Plain Toast<br>Honey Dew<br>Mandarin Oranges | WG Pumpkin Bread<br>OR<br>Cereal & WG Toast<br>Pineapple<br>Additional Fruit |
| <b>11/20/17</b>   |  |   |   |  |
|   |  |   |   |  |
| WG Sausage Wrap<br>OR<br>Cereal & WG Toast<br>Grapefruit<br>Pears | WG French Toast<br>Sticks<br>OR<br>Cereal & WG Toast<br>Two Fruits             | No School   | No School   | No School  |
| <b>11/27/17</b>   |  |   |   |  |
|   |  |   |   |  |
| Whole Grain Pizza<br>OR<br>Cereal & WG Toast<br>Pears<br>Peaches  | WG Pancakes<br>OR<br>Cereal & WG Toast<br>Strawberries<br>Warm Cinnamon Apples | Whole Grain Biscuit<br>Egg Pattie<br>OR<br>Cereal & WG Toast<br>Blueberries<br>Mandarin Oranges     | Oatmeal<br>OR Sausage Pattie<br>Or Dry Cereal<br>Cinnamon OR Plain Toast<br>Juice<br>Banana           | WG Banana Bread<br>OR<br>Cereal & WG Toast<br>Honey Dew<br>Additional Fruit  |

A Carton of milk is included with each meal. This institution is an equal opportunity provider and employer.