



## Guthrie Public Schools Secondary Breakfast Menu November 2017

Assorted Sides	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Served Daily: Assorted Dry Cereal Canned Fruit Fresh Fruit Orange Juice Apple Juice Assorted Fat Free or Lowfat White and Flavored Milk</b>			<b>1</b> Breakfast Pizza Bagel & Cream Cheese Bananas	<b>2</b> Cheesy Omelet Pop Tart Mixed Fruit	<b>3</b> Biscuit & Gravy Yogurt & Goldfish Graham Cracker Diced Pears
	<b>6</b> Egg & Cheese Bagel Sandwich Yogurt & Goldfish Graham Cracker Diced Peaches	<b>7</b> Pancake Sausage Wrap Cereal Bar Oranges	<b>8</b> Breakfast Pizza Bagel & Cream Cheese Mixed Fruit	<b>9</b> Cheesy Scrambled Eggs Pop Tart Mixed Fruit	<b>10</b> Biscuit & Gravy Yogurt & Goldfish Graham Crackers Diced Pears
	<b>13</b> Sausage Biscuit Yogurt & Goldfish Graham Cracker Diced Peaches	<b>14</b> Oatmeal Cereal Bar Oranges	<b>15</b> Breakfast Pizza Bagel & Cream Cheese Bananas	<b>16</b> Eggs & Cheese Biscuit Pop Tart Mixed Fruit	<b>17</b> Biscuit & Gravy Yogurt & Goldfish Graham Cracker Diced Pears
	<b>20</b> Thanksgiving Break No School	<b>21</b> Thanksgiving Break No School	<b>22</b> Thanksgiving Break No School	<b>23</b> Thanksgiving Break No School	<b>24</b> Thanksgiving Break No School
	<b>27</b> Egg & Cheese Bagel Sandwich Yogurt & Goldfish Graham Cracker Diced Peaches	<b>28</b> Pancake Sausage Wrap Cereal Bar Oranges	<b>29</b> Breakfast Pizza Bagel & Cream Cheese Bananas	<b>30</b> Cheesy Omelet Pop Tart Mixed Fruit	

A meal consists of 3 food groups: Grains, Fruit/ Vegetables and Milk. Students must pick at least 3 items from the 4 items offered from the 3 food groups.

Menu items are subject to change due to availability	Child Nutrition Office 405.282.5952
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