

High School Breakfast Menus November 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sausage Biscuit French Toast Minis Cereal Bar Graham Crackers Milk Fruit Juice Fresh Fruit	4 NO SCHOOL	5 Egg & Cheese Biscuit Cinnamon Glazed French Toast Strawberry Poptart Cinnamon Biscuit Milk Fruit Juice Cupped Fruit	6 Chicken Biscuit Cherry Frudel Cocoa Krispies Cereal Bar Graham Crackers Milk Fruit Juice Fresh Fruit	7 Flat Bread Pizza Chocolate Muffin Maple Mini Waffles Toast Milk Fruit Juice Cupped Fruit
10 Sausage Biscuit Chocolate Chip French Toast Minis Trix Cereal Bar Cinnamon Biscuit Milk Fruit Juice Fresh Fruit	11 NO SCHOOL	12 Steak Biscuit Cheese Omelet Apple Cinnamon Cereal Bar Graham Crackers Milk Fruit Juice Cupped Fruit	13 Egg & Cheese Biscuit Maple Mini Pancakes Poptart Cinnamon Biscuits Milk Fruit Juice Fresh Fruit	14 Canadian Bacon & Egg Biscuit Mini Blueberry Waffles Chocolate Muffin String Cheese Milk Fruit Juice Cupped Fruit
17 Sausage Biscuit French Toast Minis Blueberry Poptart Cinnamon Biscuit Milk Fruit Juice Fresh Fruit	18 Chicken Biscuit Cinnamon Glazed French Toast Cocoa Krispies Cereal Bar Graham Crackers Milk Fruit Juice Cupped Fruit	19 Egg & Cheese Biscuit Apple Frudel Cheerio Cereal Bar Graham Crackers Milk Fruit Juice Fresh Fruit	20 Steak Biscuit Pancake on a Stick Blueberry Muffin Toast Milk Fruit Juice Cupped Fruit	21 Manager's Choice
24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL

Did you know?

November's birthstone is topaz (particularly yellow) which symbolizes friendship and the citrine.

Health Benefits of The Great Pumpkin:

According to the National Institutes of Health, a cup of cooked, mashed pumpkin contains more than 200 percent of the recommended daily intake of vitamin A, which aids in maintaining good vision.

Pumpkins are also rich in carotenoids, the compounds that give the gourds their bright orange color, including beta-carotene, which the body converts into a form of vitamin A.

Pumpkin is also a good source of fiber, with three grams per cup, and only 49 calories! This means it can keep you feeling full for a longer period of time with fewer calories. In addition, a fiber-rich diet seems to help people eat less and thereby shed pounds.

Finally, nuts and seeds, including those from pumpkins, are naturally rich in certain plant-based chemicals called phytosterols that have been shown to reduce LDL or "bad" cholesterol.

For more information visit <http://www.huffingtonpost.com/>

USDA is a equal opportunity provider and employer.