

November Breakfast Mississippi APREF



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Kashi Honey Sunshine Cereal and a Mini Dipper Doodle Bars <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> Lemon Poppy Seeds <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> Yogurt and Granola <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> Cocoa Bops Cereal <p style="text-align: right;">7</p>
<ul style="list-style-type: none"> NO SCHOOL <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> NO SCHOOL <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> Flurries Cereal <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> Pancakes with Syrup <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese <p style="text-align: right;">14</p>
<ul style="list-style-type: none"> RF Cocoa Bops Cereal <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> Pancakes with Syrup <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> Honey Buttons Cereal <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> Waffles with Syrup <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> Lemon Poppyseed Muffin <p style="text-align: right;">21</p>
<ul style="list-style-type: none"> Flurries Cereal <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> Apple Muffin <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese <p style="text-align: right;">26</p>	<p style="text-align: center;">No School</p> <p style="text-align: right;">27</p>	<p style="text-align: center;">No School</p> <p style="text-align: right;">28</p>



Breakfast: choice of 1% or fat-free milk
 All grains served are whole grain-rich
 Dairy-free (DF) and vegetarian (V) menu items available daily – if not listed on the menu, then available upon request.
 This institution is an equal opportunity provider.

November Lunch APREP Mississippi



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Cheeseburgers <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> Bag Lunches In Classroom <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> Bag Lunches Inside Classroom <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> Hot Dog (DF) <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> Pasta Alfredo (VG) <p style="text-align: right;">7</p>
<ul style="list-style-type: none"> NO SCHOOL <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> NO SCHOOL <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> Bag Lunches inside Classroom <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> Chicken Bites (DF) <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> Chicken Teriyaki with Brown Rice <p style="text-align: right;">14</p>
<ul style="list-style-type: none"> Hamburger (DF) r <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> BBQ Chicken with Cheesy Rice <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> Bag Lunches Inside Classroom <p style="text-align: right;">19</p>	<p style="text-align: center;">Holiday Meal!!</p> <ul style="list-style-type: none"> Roasted Turkey and Stuffing Mashed Yams <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> Spaghetti and Meatballs (DF) <p style="text-align: right;">21</p>
<ul style="list-style-type: none"> Macaroni and Cheese with Mini Dogs <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> Chicken Pasta Alfredo <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> Bag Lunches Inside Classroom <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> NO SCHOOL <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> NO SCHOOL <p style="text-align: right;">28</p>



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November Snack Mississippi APRE



Monday

Tuesday

Wednesday

Thursday

Friday

- Dick and Janes Smart Crackers

3

- String Cheese

4

- Skeeter Cinnamon Grahams

5

- Sunflower Seeds

6

- Yogurt

7

- **NO SCHOOL**

10

- **NO SCHOOL**

11

- Dick and Janes Smart Crackers and Sunbutter

12

- Zac Attack Bar Strawberry

13

- Skeeter Cinnamon Grahams
- Revolution Foods Whole Grain Crackers

14

- Wholegrain Goldfish Cheese Crackers and Juice

17

- Sunflower Seeds

18

- Skeeter Cinnamon Grahams

19

- String Cheese

20

- Yogurt

21

- String Cheese

24

- Wholegrain Goldfish Cheese Crackers

25

- Blazin Hots Seeds

26

No School

27

No School

28



All snacks served with fresh fruit unless otherwise noted
All grains served are whole grain-rich
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real food for all™