



# Decker School

November 2017  
Breakfast Menu

## Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

ALL MEALS SERVED WITH 100% FRUIT JUICE  
CHILLED FRUIT  
MILK SELECTION

Student Breakfast

\$1.50

Adult Breakfast

\$2.25

Reduced Breakfast

\$0.30

### NUTRITION NEWS:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try to fill at least half your plate with fruits and vegetables!</p>		<p>1 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>2 Assorted Cereal with Graham Crackers or Pancakes 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>3 Assorted Cereal with Graham Crackers or French Toast 100% Fruit Juice Chilled Fruit Milk Selection</p>
<p>6 Assorted Cereal with Graham Crackers or Pancakes 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>7 Assorted Cereal with Graham Crackers or Egg &amp; Cheese on a Bagel 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>8 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>9 School Closed</p>	<p>10 School Closed</p>
<p>13 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>14 Assorted Cereal with Graham Crackers or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>15 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>16 Assorted Cereal with Graham Crackers or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>17 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection</p>
<p>20 Assorted Cereal with Graham Crackers or Pancakes 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>21 Assorted Cereal with Graham Crackers or Mini Cinnis 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>22 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>23 School Closed</p>	<p>24 </p>
<p>27 Assorted Cereal with Graham Crackers or French Toast 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>28 Assorted Cereal with Graham Crackers or Pancakes 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>29 Donut or Assorted Cereal with Graham Crackers 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p>30 Assorted Cereal with Graham Crackers or Egg &amp; Cheese on a Bagel 100% Fruit Juice Chilled Fruit Milk Selection</p>	<p><i>Happy Thanksgiving!</i></p>

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MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"