

November 2016

CANTON UNION SCHOOL DISTRICT MIDDLE & HIGH SCHOOL Breakfast Menu



Available Daily
 Yogurt w/Toast
 Assorted Breakfast Bars
 Pop Tarts
 Assorted Cereal w/Toast

Variety of Fresh Fruit
 & Canned Fruit

Offered with Each Meal

Fruit Choice
 100% Fruit Juice
 & Milk Choice

The best way to start off each day on the right foot, is to eat a balanced breakfast!

Questions
 Call Kyle Nelson
 Food Service Director
 309-647-8731

Menu changes may be necessary. Notice will be given when possible.
 A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

For more information or to "Ask the Dietitian", check out our website!

	Monday	Tuesday	Wednesday	Thursday	Friday
	<div style="border: 2px solid blue; padding: 5px;"> Breakfast \$1.10 (Milk included with meal) Milk 50¢ Offered Daily: Fat Free Flavored Fat Free White 1% White </div>	1 WARM CHEESY BOSCO STICK	2 CHERRY FRUDEL	3 BAKED ICED CINNAMON ROLL	4 FLAKY BISCUIT W/COUNTRY GRAVY
		7 BANANA BREAD	8 MINI MAPLE WAFFLES	9 BREAKFAST PIZZA	10 SAVORY *SAUSAGE BISCUIT
	14 PANCAKE WRAP W/SYRUP	15 BAKED ICED CINNAMON ROLL	16 APPLE STUFFED BREADSTICK	17 BLUEBERRY PANCAKES	18 FLAKY BISCUIT W/COUNTRY GRAVY
	21 SAVORY *SAUSAGE BISCUIT	22 MINI MAPLE WAFFLES	23 NO SCHOOL	24 HAPPY THANKSGIVING NO SCHOOL	25 NO SCHOOL
	28 BREAKFAST PIZZA	29 CHEESE OMELET	30 PANCAKE WRAP W/SYRUP		

(*) Contains Pork