



GCCS Elementary Breakfast in the Classroom Menu

November 2016

	1 Whole Grain Muffin w/ Cheese Stick Banana 100% Fruit Juice	2 Crunchmania Graham Crackers Raisins 100% Fruit Juice	3 Mini Blueberry Waffles Apple Wedges 100% Fruit Juice	4 Mini Cinnamon Rolls Assorted Fresh Fruit 100% Fruit Juice
7 On the Go Cereal Apple Wedges 100% Fruit Juice	8 NO SCHOOL Parent Teacher Conferences	9 Whole Grain PopTart Raisins 100% Fruit Juice	10 Cherry Frudel Apple Wedges 100% Fruit Juice	11 Egg & Cheese Breakfast Sandwich Assorted Fresh Fruit 100% Fruit Juice
14 On the Go Cereal Apple Wedges 100% Fruit Juice	15 Strawberry Banana Yogurt w/ Graham Crackers Banana 100% Fruit Juice	16 Crunchmania Graham Crackers Raisins 100% Fruit Juice	17 Mini Cream Cheese Filled Bagels Apple Wedges 100% Fruit Juice	18 Turkey Pancake Wrap Assorted Fresh Fruit 100% Fruit Juice
21 On the Go Cereal Apple Wedges 100% Fruit Juice	22 Whole Grain Muffin w/ Cheese Stick Banana 100% Fruit Juice	23 NO SCHOOL Thanksgiving Break	24 NO SCHOOL Thanksgiving Break	25 NO SCHOOL Thanksgiving Break
28 On the Go Cereal Apple Wedges 100% Fruit Juice	29 NutriGrain Bar w/ Cheese Stick Banana 100% Fruit Juice	30 Whole Grain PopTart Raisins 100% Fruit Juice		

Breakfast in the Classroom Menu is followed at:
 Northaven*, Parkwood*, Pleasant Ridge, Spring Hill*,
 Thomas Jefferson, and Wilson*
 *Indicates Free Breakfast

Breakfast Pricing: Paid - \$1.50, Reduced - \$0.30, Adult - \$1.80

More info...
 Milk Offered Daily – Choose Between Non-Fat White, 1% White or Skim Chocolate
 All grains offered are rich in whole wheat flour which increases the amount of vitamins, minerals, fiber and protein it contains.

Menus are subject to change without notice.

This institution is an equal opportunity provider.

