

# November

# 2022

## Elementary Breakfast Menu

Daily	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Daily:</b> Milk: Skim, 1% White, Fat Free Chocolate, Fat Free Strawberry</p>	<p>31 Strawberry Oatmeal Bar</p>	<p>1 Assorted Whole Grain Cereal Tiger Bites</p>	<p>2 Apple Benefit Bar</p>	<p>3 Assorted Whole Grain Cereal Honey Graham Crackers</p>	<p>4 Ultimate Cinnamon Breakfast Round <b>HALF DAY</b></p>
 <p><b>Daily:</b> Breads and Pastas are Whole Grain Soy Butter &amp; Jelly Sandwich</p>	<p>7 Oatmeal Apple Cinnamon Bar</p>	<p>8 <b>Superintendent's Conference Day</b>  No School for Students</p>	<p>9 Banana Choc Chip Benefit Bar</p>	<p>10 Assorted Whole Grain Cereal Honey Graham Crackers</p>	<p>11 <b>Veteran's Day Observed</b> All Facilities Closed</p>
 <p><b>Daily:</b> Fruit of the Day</p>	<p>14 Apple Benefit Bar</p>	<p>15 Assorted Whole Grain Cereal Tiger Bites</p>	<p>16 Strawberry Oatmeal Bar</p>	<p>17 Assorted Whole Grain Cereal Honey Graham Crackers</p>	<p>18 Ultimate Cinnamon Breakfast Round</p>
 <p><b>school BREAKFAST</b></p>	<p>21 Banana Choc Chip Benefit Bar</p>	<p>22 Assorted Whole Grain Cereal Tiger Bites</p>	<p>23 <b>Thanksgiving Recess</b> Nov. 23-25 No School for Students</p>	<p>24 </p>	<p>25 </p>
	<p>28 Strawberry Oatmeal Bar</p>	<p>29 Assorted Whole Grain Cereal Tiger Bites</p>	<p>30 Apple Benefit Bar</p>		

**MENU IS SUBJECT TO CHANGE. RCSD IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER**