

November

BREAKFAST

Howard Gardner Community School
2017 - 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		No Breakfast	<ul style="list-style-type: none"> • blueberry bagel & cream cheese • cinnamon chex & zac apple bar 	<ul style="list-style-type: none"> • HOT cheesy omelet • french toast muffin
		1	2	3
<ul style="list-style-type: none"> • Corn Chex, Zac Attack Strawberry bar • yogurt & granola 	<ul style="list-style-type: none"> • HOT cinnamon toast bagel • lemon muffin 	No Breakfast	<ul style="list-style-type: none"> • plain bagel & cream cheese 	Veterans Day
6	7	8	9	10
Fruit & Milk	Fruit & Milk	No Breakfast	Fruit & Milk	
<ul style="list-style-type: none"> • yogurt & granola • cocoa critters cereal (df) 	<ul style="list-style-type: none"> • zac omega fruit-filled blackberry bar (df) • autumn spice muffin 	No Breakfast	<ul style="list-style-type: none"> • plain bagel & cream cheese 	<ul style="list-style-type: none"> • blueberry burst muffin • cinnamon chex, zac attack strawberry bar
13	14	15	16	17
Fruit & Milk	Fruit & Milk	No Breakfast	Fruit & Milk	Fruit & Milk
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
20	21	22	23	24
<ul style="list-style-type: none"> • Shelf Stable cinnamon chex & honey grahams 	<ul style="list-style-type: none"> • HOT french toast sticks, sausage, and egg • yogurt & honey grahams 	No Breakfast	<ul style="list-style-type: none"> • HOT breakfast panada pie • cheerios, zac attack apple bar 	
27	28	29	30	
#N/A			<ul style="list-style-type: none"> • blueberry burst muffin 	
Fruit & Milk	Fruit & Milk		Fruit & Milk	

Did You Know?

Studies show students who eat breakfast do better on school tests! A hungry tummy can distract kids from learning.

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

This institution is an equal opportunity provider