



BREAKFAST @SCHOOL

For first-class learning!

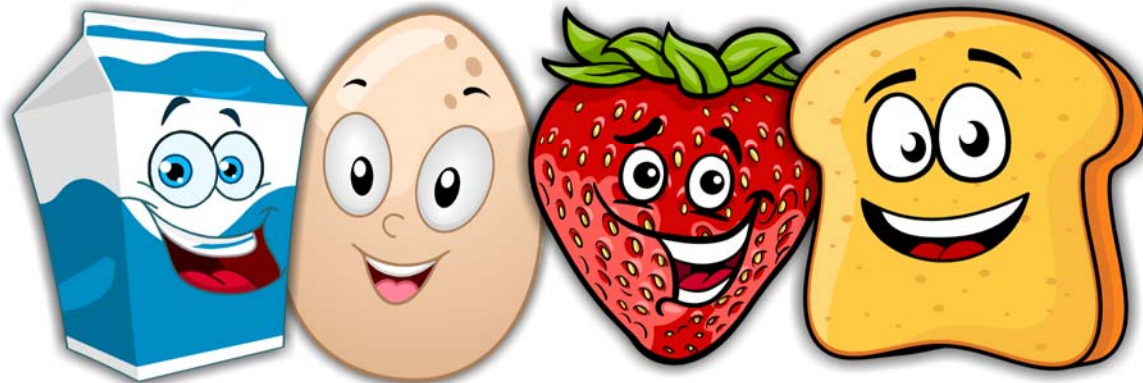
Allegany County High School Menu

Featuring
Healthy Fruits
& Grains!

**BREAKFAST MENU
FOR NOVEMBER 2019**

This institution is an equal opportunity provider. Menu is subject to change.

come join us for **Breakfast@School**



**DON'T FORGET TO
SET YOUR
CLOCKS BACK
1 HOUR**



SUNDAY, NOV. 3

First things First

**Choose at least ONE
serving of FRUIT and at
least THREE items TOTAL
so your meal counts as a Complete Breakfast!**

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Monday, November 4

Pop Tart and
Graham Crackers

100% Juice

Fresh Fruit or
Pears

Fat Free or 1% Milk

Tuesday, November 5

Cereal and Toast

100% Juice

Fresh Fruit or
Applesauce

Fat Free or 1% Milk

Wed., November 6

Coffee Cake

100% Juice

Fresh Fruit or
Peaches

Fat Free or 1% Milk

Thursday, November 7

Breakfast Pizza

100% Juice

Fresh Fruit or
Pineapple

Fat Free or 1% Milk

Friday, November 8

Pancake on Stick

100% Juice

Fresh Fruit or
Mandarin
Oranges

Fat Free or 1% Milk

TURKEY TROT.

Thanksgiving dinner can add up to 4500 calories in one sitting! But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories – and enjoy some fresh air, too!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, November 11	Tuesday, November 12	Wed., November 13	Thursday, November 14	Friday, November 15
Bagel with Spreads	Fruit Muffin	Cinnamon Roll	Frudel	Pancake on Stick
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
Fresh Fruit or Fruit Cocktail	Fresh Fruit or Pears	Fresh Fruit or Applesauce	Fresh Fruit or Peaches	Fresh Fruit or Pineapple
Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk

First things First

To make a breakfast, choose at least one

Fruit

or

Juice

Fruit

Grains

Juice

Milk

and at least three items total

ALLEGANY COUNTY
FOOD AND NUTRITION SERVICES

Monday, November 18	Tuesday, November 19	Wed., November 20	Thursday, November 21	Friday, November 22
Pop Tart and Graham Crackers	Cereal and Toast	Coffee Cake	Breakfast Pizza	Pancake on Stick
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
Fresh Fruit or Peaches	Fresh Fruit or Fruit Cocktail	Fresh Fruit or Mandarin Oranges	Fresh Fruit or Pineapple	Fresh Fruit or Applesauce
Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk

Monday, November 25	Tuesday, November 26	Wed., November 27
Bagel with Spreads	Fruit Muffin	No Breakfast
100% Juice	100% Juice	3 Hour
Pears	Peaches	Early Dismissal
Fat Free or 1% Milk	Fat Free or 1% Milk	

