



# November

# CLARION-GOLDFIELD-DOWS Schools ~ K-8 BREAKFAST Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... NOVEMBER 1 - 2				Scrambled Egg Sausage Boat Fruit/Juice Milk	WG Cereal Variety or Yogurt Toast/Jelly Fruit/Juice Milk
Week of... NOVEMBER 5 - 9	WG Cereal Variety or Yogurt Lil Long John Fruit/Juice Milk	French Toast Stix w / Syrup Fruit/Juice Milk	WG Cereal Variety or Yogurt Toast/P.B. Fruit/Juice Milk	Egg Cheese Omelet Toast Fruit/Juice Milk	<b>NO SCHOOL</b>
Week of... NOVEMBER 12 - 16	WG Cereal Variety or Yogurt Pwd. Sugar Donut Fruit /Juice Milk	Egg Cheese Biscuit Sandwich Fruit/Juice Milk	WG Cereal Variety or Yogurt Cinnamon Roll Fruit /Juice Milk	Pancake Sausage On a Stick/ Syrup Fruit/Juice Milk	WG Cereal Variety or Yogurt Granola Bar Fruit /Juice Milk
Week of... NOVEMBER 19 - 23	Welch's PBJ Or Pillsbury cream cheese Bagels Fruit/Juice Milk	Bacon Scramble Brkfst Pizza Fruit/Juice Milk	WG Cereal Variety or Yogurt Muffin Fruit /Juice Milk	<b>THANKSGIVING VACATION</b>	
Week of... NOVEMBER 26 - 30	WG Cereal Variety or Yogurt Lil Long John Fruit/Juice Milk	French Toast Stix w / Syrup Fruit/Juice Milk	WG Cereal Variety or Yogurt Toast/P.B. Fruit/Juice Milk	Egg Cheese Omelet Toast Fruit/Juice Milk	WG Cereal Variety or Yogurt Muffin Fruit /Juice Milk
Menu is subject to change without notice.					

### REQUIREMENTS FOR REIMBURSABLE SCHOOL BREAKFAST

**3 Daily Breakfast Component Requirements — Grains, Juice/Fruit/Vegetable and Milk**

**At least 4 food items are offered daily, and students must take at least 3 items, one of which MUST be at least 1/2 cup of juice, fruit or vegetable.**



Skim, Skim Chocolate & 1% Milk offered daily.  
Vegetables and fruits may be offered interchangeably.  
Whole Grain Buns and Breads are always used.  
Meat/meat alternate may be offered in place of part of grain component after minimum daily grains requirement is offered.