



Meet Your Nutritious Friend:  
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 Mini Filled Bagels  Assorted Cereals or Cereal Bar with Graham Crackers	<b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.  - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk
4  WG Mini Cinni  Assorted Cereals or Cereal Bar with Graham Crackers	5  Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	6  Whole Grain Breakfast Bread  Assorted Cereals or Cereal Bar with Graham Crackers	7  Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	8  Whole Grain Banana Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes
11 <b>NO SCHOOL VETERANS DAY</b>	12  Whole Grain Blueberry Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	13  Whole Grain Cinnamon Bun  Assorted Cereals or Cereal Bar with Graham Crackers	14  Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	15  Mini Filled Bagels  Assorted Cereals or Cereal Bar with Graham Crackers	<b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
18  WG Mini Cinni  Assorted Cereals or Cereal Bar with Graham Crackers	19  Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	20  Whole Grain Breakfast Bread  Assorted Cereals or Cereal Bar with Graham Crackers	21  Mini Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	22  Whole Grain Banana Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	<b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry
25  Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	26  Whole Grain Blueberry Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	27  Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	28 <b>NO SCHOOL THANKSGIVING BREAK</b>	29 <b>NO SCHOOL THANKSGIVING BREAK</b>	<b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg  <b>(VG) Vegan</b> These items do not contain any animal products

**Your Team**  
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**Meal Prices**  
Student Breakfast \$0.00  
Reduced Breakfast \$0.00  
Faculty Breakfast \$3.00



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Meet Your Nutritious Friend:  
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				Italian Dunkers <sup>1</sup> Marinara Dipping Sauce Or Ham & Cheese Hoagie <b>Featured Veggies</b> Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk	<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>
Corn Dog on a Stick <sup>4</sup> Or Italian Hoagie  <b>Featured Veggies</b> Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk	Walking Taco <sup>5</sup> Topping Bar Or Italian Hoagie <b>Featured Veggies</b> Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk	Breaded Chicken <sup>6</sup> Tenders Dinner Roll Or Italian Hoagie <b>Featured Veggies</b> Steamed Broccoli Fresh Vegetables Fresh Fruit Choice of Milk	Breaded Fish Patty <sup>7</sup> Or Italian Hoagie  <b>Featured Veggies</b> Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk	Pepperoni Pizza <sup>8</sup> Bosco Sticks Or Italian Hoagie <b>Featured Veggies</b> Glazed Carrots Fresh Vegetables Fresh Fruit Choice of Milk	
<b>NO SCHOOL VETERANS DAY</b> <sup>11</sup>	Nacho Grande <sup>12</sup> Topping Bar Or Turkey & Cheese Hoagie <b>Featured Veggies</b> Steamed Corn Fresh Vegetables Choice of Milk	Thanksgiving Meal <sup>13</sup> Breaded Chicken Tenders Mashed Potatoes Gravy & Dinner Roll Special Dessert	Cheeseburger or <sup>14</sup> Hamburger on a Bun Or Turkey & Cheese Hoagie <b>Featured Veggies</b> Mixed Vegetables Fresh Vegetables Choice of Milk	Italian Dunkers <sup>15</sup> Marinara Dipping Sauce Or Turkey & Cheese Hoagie <b>Featured Veggies</b> Steamed Broccoli Fresh Vegetables Choice of Milk	
Hot Dog <sup>18</sup> On a Bun Or Ham & Cheese Hoagie <b>Featured Veggies</b> Baked Beans Fresh Vegetables Fresh Fruit Choice of Milk	Walking Taco <sup>19</sup> Topping Bar Or Ham & Cheese Hoagie <b>Featured Veggies</b> Steamed Corn Fresh Vegetables Fresh Fruit Choice of Milk	Cheeseburger or <sup>20</sup> Hamburger on a Bun Or Ham & Cheese Hoagie <b>Featured Veggies</b> Steamed Carrots Fresh Vegetables Fresh Fruit Choice of Milk	Breaded Chicken <sup>21</sup> Patty on a Bun Or Ham & Cheese Hoagie <b>Featured Veggies</b> Mixed Vegetables Fresh Vegetables Fresh Fruit Choice of Milk	Pepperoni Pizza <sup>22</sup> Bosco Sticks Or Ham & Cheese Hoagie <b>Featured Veggies</b> Green Beans Fresh Vegetables Fresh Fruit Choice of Milk	
Breaded Chicken <sup>25</sup> Nuggets Dinner Roll Or Italian Hoagie <b>Featured Veggies</b> Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk	Nacho Grande <sup>26</sup> Topping Bar Or Italian Hoagie <b>Featured Veggies</b> Steamed Peas Fresh Vegetables Fresh Fruit Choice of Milk	<b>½ DAY BAG LUNCHES AVAILABLE</b> <sup>27</sup>	<b>NO SCHOOL THANKSGIVING BREAK</b> <sup>28</sup>	<b>NO SCHOOL THANKSGIVING BREAK</b> <sup>29</sup>	

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**Meal Prices**

Student Lunch	\$2.55
Reduced Lunch	\$0.00
Faculty Lunch	\$4.00



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