Ashford School
Breakfast Menu

November 2018

Price: $1.35/day = $31.05

Monday	Tuesday	Wednesday	Thursday	Friday
Nov.5 Cereal Kit: Cereal Choice Additional Grain Choice 100% Fruit Juice Add Another Fruit Milk Choice	**Nov.6** Breakfast Slider sandwiches or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice Choice, Assorted Fruits and Milk Choice	**Nov.7** Assorted Warm Fruit muffins or Whole Grain Cereal Choice with Chocolate Teddy Bear Grahams, 100% Fruit Juice, Assorted Fruit and Milk Choice	**Nov.8** Scrambled Egg with a Bagel or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice, Assorted Fruit Option and Milk Choice	**Nov.9** Whole Grain Cereal Choice, Teddy bear graham crackers, 100% Fruit Juice Choice, Fresh or Canned Fruit and Milk Choice
Nov.12 Cereal Kit: Assorted Cereal Choice Additional Grain 100% Fruit Juice Add Additional Fruit Milk Choice	**Nov.13** Whole Grain Cereal Choice or Warm Bagel with Hard Boiled or Scrambled Egg 100% Fruit Juice, Assorted Fruits and Milk Choice	**Nov.14** French Toast Sticks or Whole Grain Cereal choice with Goldfish Crackers, 100% Fruit Juice, Orange Smiles and Milk Choice	**Nov.15** Egg and Cheese bagel sandwich or Whole Grain Cereal Choice with Teddy Bear Graham Crackers, 100% Fruit Juice, Fresh Apples and Milk Choice	**Nov.16** Warm Apple filled breadstick or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice, Mixed Fruit Cup, and Milk Choice
Nov.19 Cereal Kit: Cereal Choice Additional Grain Choice 100% Fruit Juice Add Another Fruit Choice and Milk Choice	**Nov.20** Bagel sandwich with egg ham and cheese or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice, Assorted Fruit Option and Milk Choice	**Nov.21** French Toast Sticks or Whole Grain Cereal Choice with Goldfish Crackers, 100% Fruit Juice, Assorted Fruits, and Milk Choice	**Nov.22** **Happy Thanksgiving**	**Nov.23** **No School Today**
26 Cereal Kit: Cereal Choice Additional Grain Choice 100% Fruit Juice Add Another Fruit Milk Choice	**Nov.27** French Toast Sticks with a Egg Patty or Whole Grain Cereal Choice with Goldfish Crackers, 100% Fruit Juice Assorted Fresh Fruits and Milk Choice	**Nov.28** Warm Cinnamon Raisin Bagel with butter or cream cheese or Whole Grain Cereal Choice, Graham Crackers, 100%Fruit Juice, Orange Smiles and Milk Choice	**Nov.29** Scrambled eggs or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice, Fruit Options and Milk Choice	**Nov.30** Assorted Warm Fruit Muffins or Whole Grain Cereal, with Goldfish Crackers, 100% Fruit Juice Fresh or canned fruit and Milk Choice
Dec.3 Cereal Kit: Cereal Choice Additional Grain Choice 100% Fruit Juice Add Another Fruit Milk Choice	**Dec.4** Assorted Warm Fruit Muffin with a Hard Boiled Egg or Mozzarella String Cheese Stick, 100% Fruit Juice, Fresh Apples and Milk Choice	**Dec.5** Maple Burst Pancakes or Cereal Choice with sunrise bite graham crackers, 100% Fruit Juice Choice, Fresh or Canned Fruit, Milk Choice	**Dec.6** Egg and Cheese Bagel Sandwich or Whole Grain Cereal Choice with Gold Fish Crackers, 100% Fruit Juice, Assorted Fruit Options and Milk Choice	**Dec.7** Strawberry Yogurt with Granola or assorted whole grain cereal choice with goldfish crackers, 100% Fruit Juice, Assorted Fruit Option and Milk Choice

All juice drinks are 100% fruit juice, whole grain cereal is offered daily.
This menu is subject to change without notice. Please remember applications for Free and Reduced Program is available on the Ashford School Website www.AshfordCt.org; please have your child bring his or her prepayments to cafeteria when entering school in the morning.
NO PREPAYMENTS Will BE ACCEPTED DURING LUNCH
Offered daily - Apples, Oranges, Raisins, Craisins, along with daily fruit choice.