

**Menu Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
CinniMini Roll Fruit Cup 4OZ 100% Fruit Juice	Trix Cereal Bar Fresh Apple	Yogurt Granola Bites Fresh Orange 4OZ 100% Fruit Juice	Apple Frudel Fresh Banana Fruit Cup	Mini Maple Pancakes Applesauce Cup 4OZ 100% Fruit Juice
8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
Mini French Toast Fresh Orange 4OZ 100% Fruit Juice	Cocoa Puff Cereal Bar Fresh Apple	Mini Blueberry Waffles Fruit Cup 4OZ 100% Fruit Juice	WG Bagel Strawberry Cream Cheese Applesauce Cup 4OZ 100% Fruit Juice	WG Apple Cinnamon Muffin Fresh Apple
15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
CinniMini Roll Fruit Cup 4OZ 100% Fruit Juice	Trix Cereal Bar Fresh Apple	Yogurt Granola Bites Fresh Orange 4OZ 100% Fruit Juice	Cherry Frudel Fresh Banana Fruit Cup	No School
22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
No School	No School	No School	No School	No School
29-Nov	30-Nov			
No School	Trix Cereal Bar Fresh Apple	Yogurt Granola Bites Fresh Orange 4OZ 100% Fruit Juice	Apple Frudel Fresh Banana Fruit Cup	Lancer Dining Services does not use peanuts, pork, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned!), 100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings.

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.