

# LET'S GET COOKING

## November 2025

Breakfast

### MONDAY

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Breakfast

- Whole Grain French Toast Sticks
- Turkey Sausage Patty
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Blueberries
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

### TUESDAY

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### WEDNESDAY

5

Breakfast

- Whole Grain Waffles
- Frosted Cinnamon Pop-Tart
- Frosted Fudge Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

### THURSDAY

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Breakfast

- Scrambled Eggs with Cheddar Cheese
- Fresh Baked Whole Grain Biscuit
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Honey Graham Crackers
- Cinnamon Diced Pears
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

### FRIDAY

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Breakfast

- Chicken Biscuit Sandwich
- Berry Parfait with Cheerios
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- Apple Frudel
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Honeydew Cubes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- Whole Grain Pancake Donut bites with Blueberries
- Frosted Cinnamon Pop-Tart
- Frosted Fudge Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- Strawberry Cream Cheese Stuffed Bagel
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Trix Cereal Bar
- Honey Graham Crackers
- Tropical Fruit Cocktail
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- Strawberry Banana Smoothie
- Homemade Granola
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- Skewered Sausage Pancake
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- Whole Grain Waffles
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Honey Graham Crackers
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- Egg, Cheese & Turkey Sausage Breakfast Scrambler
- Frosted Cinnamon Pop-Tart
- Frosted Fudge Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- Iced Cinnamon Roll
- Turkey Sausage Patty
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Honey Graham Crackers
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- Egg, & Cheese Biscuit
- Mixed Berry Smoothie
- Homemade Granola
- Fresh Banana
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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11/3 Sandwich Day 🌮 11/6 Nacho Day

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If you have a food allergy or intolerance, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29, White Milk: \$0.60, Chocolate Milk: \$0.65

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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