

November Elementary Breakfast



Cold cereal and fresh apple slices offered daily.

Students must take a minimum of a half cup of fruit.


All meals are served with 1% white milk or non-fat chocolate milk.

Menu
Subject to
Change
Based on
Product
Availability

One
breakfast is
NO COST
for all
enrolled
students

Contains:

Beef (B)
Chicken (C)
Pork (P)
Turkey (T)

Monday	Tuesday	Wednesday	Thursday	Friday
A selection of fresh fruit served with breakfast every day. Fruit juice offered every Wednesday.				
3 Cinnamon Toast Crisp Up	4 Mini Maple Pancakes	5 Zucchini Bread	6 Yogurt and Granola	7 Chicken Biscuit (C)
10 Breakfast Sausage (T) Bowl	11 NO SCHOOL 	12 Ham & Swiss Breakfast Croissant (P)	13 French Toast Sticks	14 Breakfast Pizza (T)
17 Cinnamon Toast Crisp Up	18 Mini Maple Pancakes	19 Zucchini Bread	20 Yogurt and Granola	21 Chicken Biscuit (C)
24	25	26	27	28
Thanksgiving Break: November 24 - 28				

PLEASE NOTE: FCUSD Food Services requests that eligible families complete a school meals application on-line. Please visit the Food Services Dept website via the FCUSD home page for the online application, federal income eligibility guidelines, application instructions and Frequently Asked Questions: www.fcusd.org (On the FCUSD home page, click on Food & Nutrition.)

This institution is an equal opportunity provider.
FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT