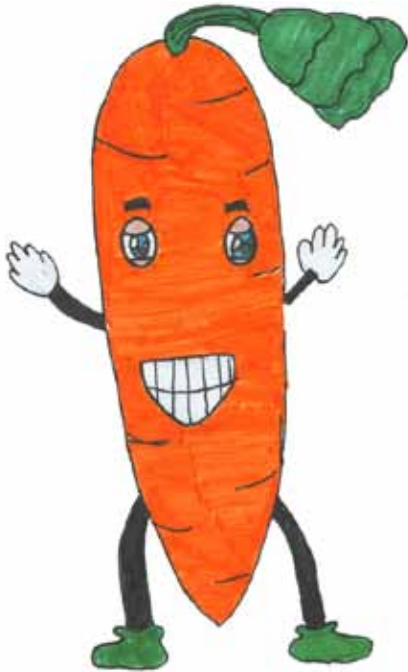


NOVEMBER

JCHS Breakfast Menu



MAKE HALF YOUR PLATE
FRUIT AND VEGETABLES




Daily Fruit Choices

Fresh, Canned, Frozen or Dried
or 100% Fruit Juice

Daily Vegetable Choices

Fresh Veggies, Side Salad,
Hot Canned or Frozen Vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Giant Muffin	2 Long John Donut	3 Breakfast Burrito
6 Funnel Cake	7 Biscuit & Gravy	8 Early Release Giant Muffin	9 Long John Donut	10 Breakfast Burrito
13 Funnel Cake	14 Biscuit & Gravy	15 Giant Muffin	16 Thanksgiving Dinner Long John Donut	17 Breakfast Burrito
20 Funnel Cake	21 Biscuit & Gravy	THANKSGIVING BREAK NOVEMBER 22-24TH		
27 Funnel Cake	28 Biscuit & Gravy	29 Giant Muffin	30 Long John Donut	Dec 1 Breakfast Burrito

