

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of ½ cup serving of fruit or a minimum of a ½ cup of vegetable must accompany a reimbursable lunch**

Meat or Meat Alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Fruit  
Grain/Bread

Choice of Milk- 1% White or Fat-Free Chocolate



### Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

### Beans/Peas

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

### Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, mandarin oranges, and 100% fruit juices

**LEAVE YOUR LUNCHBOX AT HOME!**

### DAILY ALTERNATES.

Daily entrée options may include:

Sunbutter and Jelly on whole grain Sliced Bread, Gluten free alternative

### Nutritious Friends

**Look for our Nutritious Friend of the Month on the menu!!**

### Lunch Prices

**Student \$0.00**

**Adult \$0.00**

**General Manager**

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**Email**

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# MHY Family Services

## Nov/Dec Breakfast Menu



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

<b>17</b>  Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>18</b>  Poptart Breakfast Break Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>19</b>  Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>20</b>  Breakfast Pizza Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>21</b>  WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk
<b>24</b>  Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>25</b>  Breakfast Wrap Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>26</b>  Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>27</b>  Have a Safe and Happy Thanksgiving!!	<b>28</b>  No School!
<b>1</b>  Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>2</b>  Poptart Breakfast Break Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>3</b>  Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>4</b>  Breakfast Pizza Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>5</b>  WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk
<b>8</b>  Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>9</b>  Breakfast Wrap Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>10</b>  Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>11</b>  Blueberry Waffle Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	<b>12</b>  WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk