







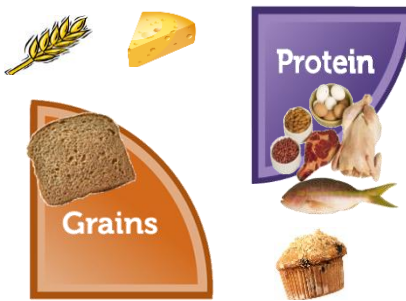
# NOVEMBER 2018 ~ BREAKFAST MENU ~ Mountain View School District

## START YOUR DAY with SCHOOL BREAKFAST at the GRAB 'n GO BREAKFAST BAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Build Your Breakfast the Healthy Way!! 			<b>1</b> Cereal Offered Daily <b>Ultimate Breakfast Round</b> Dannon Yogurt & Belly Bears Peanut Butter Uncrustable Bagel & Cream Cheese	<b>2</b> Cereal Offered Daily <b>Blueberry Waffle</b> Buttermilk Twins Mini Cinnamon Rolls Manager's Choice
<b>5</b> Cereal Offered Daily Dannon Yogurt & BellyBears PB & J Graham Bar Blueberry Muffin Cinnamon French Toast	<b>6</b> Cereal Offered Daily <b>Maple Pancake Sausage on a Stick</b> Mini Cinnamon Rolls Ultimate Breakfast Round Breakfast Bar	<b>7</b> Cereal Offered Daily <b>Mini Cheeseburger</b> Banana Pancakes Buttermilk Twins Bagel & Cream Cheese	<b>8</b> Cereal Offered Daily <b>Bagel &amp; Cream Cheese</b> Dannon Yogurt & Granola Peanut Butter Uncrustable Whole Grain Honey Bun	<b>9</b> Cereal Offered Daily <b>Egg, Sausage, Cheese, Potato Wrap</b> Breakfast Bar Egg & Mini Bagel Manager's Choice
<b>12</b>  <b>VETERAN'S DAY HOLIDAY</b> ☆☆☆☆☆☆☆	<b>13</b> Cereal Offered Daily Dannon Yogurt & Granola Breakfast Bar Sunrise Sausage Sandwich Buttermilk Twin Bars	<b>14</b> Cereal Offered Daily <b>Turkey Pancake Wraps</b> Ultimate Breakfast Round Mini Blueberry Pancakes Peanut Butter Uncrustable	<b>15</b> Cereal Offered Daily <b>Buttermilk Twins</b> Dannon Yogurt & Belly Bears PB & J Graham Bar Banana Muffin	<b>16</b> Cereal Offered Daily <b>Bacon Scramble Pizza</b> Bagel & Cream Cheese Mini Cinnamon Rolls Manager's Choice
<b>19</b>  <b>STUDENT FREE DAY</b>	<b>20</b>  <b>STUDENT FREE DAY</b>	<b>21</b> ..... <b>22</b> ..... <b>23</b> ..... <i>Thanksgiving Holiday</i>		
<b>26</b> Cereal Offered Daily Dannon Yogurt & BellyBears PB & J Graham Bar Egg & Mini Bagel Crumb Loaf	<b>27</b> Cereal Offered Daily <b>Fiesta Egg &amp; Cheese Sandwich</b> Whole Grain Honey Bun Peanut Butter Uncrustable Breakfast Bar	<b>28</b> Cereal Offered Daily <b>Breakfast Chorizo Bagel</b> Maple Waffles Mini Cinnamon Rolls Ultimate Breakfast Round	<b>29</b> Cereal Offered Daily <b>Apple Cinnamon Muffin</b> Dannon Yogurt & Granola Buttermilk Twin Bars Bagel & Cream Cheese	<b>30</b> Cereal Offered Daily <b>Hawaiian Breakfast Sandwich</b> Mini Pineapple Loaf Breakfast Bar Manager's Choice



**#1**  
**CHOOSE ONE ITEM**  
 from the BREAKFAST BAR



**Whole Grains and/or Protein**

**#2**  
**TAKE AT LEAST ONE**  
 MILK ☆ JUICE ☆ FRUIT



**OR ENJOY ALL THREE**  
 It's your choice!  
 Don't forget to grab a **FRUIT**  
 or **JUICE** with every breakfast

**#3**  
**EAT NOW**  
 or save in your  
**BACKPACK**



*Shine with School Breakfast!*



**Mountain View School District**

Food & Nutrition Services... Succeeding Together in Promoting healthy Nutrition and Fitness practices that will last a lifetime!

BE A RISING STAR



*A healthy breakfast helps you perform your best throughout the day!*

START YOUR DAY WITH BREAKFAST!

1% Lowfat and Nonfat Milk Offered Daily



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