

Our Savior Lutheran PS-8

November 2021

Breakfast Menu



A full student Breakfast includes a grain, fruit or vegetables, and milk. Milk choice is fat free white.
Up to three (3) times per week the grain can be substituted for a meat/meat alternative.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 1 Frosted Mini Wheat Cereal Grape Juice Milk | 2 Benefit Bar* Mixed Fruit Cup Milk | 3 Cheese Stick Fresh Fruit Milk | 4 Apple Oatmeal Breakfast Bar Fresh Fruit Milk | 5 WG Poptart Applesauce Milk |
| 8 Benefit Bar* Orange Juice Milk | 9 Chex Cereal Fruit Cup Milk | 10 Goldfish Crackers Applesauce Milk | 11 Annie's Gluten Free Oatmeal Granola Bar Fresh Fruit Milk | 12 Belvita Blueberry Biscuit Fresh Fruit Milk |
| 15 Graham Crackers Applesauce Milk | 16 Belvita Blueberry Biscuit Mixed Fruit Milk | 17 Apple Oatmeal Breakfast Bar Fresh Fruit Milk | 18 Goldfish Applesauce Milk | 19 Blueberry Muffin Grape Juice Milk |
| 22 No School | 23 No School | 24 No School | 25 No School | 26 No School |
| 29 WG Blueberry Muffin Apple Juice Milk | 30 Frosted Mini Wheat Cereal Fruit Cup Milk | 1 Graham Crackers Fresh Fruit Milk | 2 Cheese Stick Fresh Fruit Milk | 3 Honey Nut Cheerios Cereal Applesauce Milk |

**Pre-School and Pre-Kindergarten will be substituting Graham Crackers/Fresh Fruit*

Our Savior Lutheran School admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded to students at the school.

Menu Subject to Change