





NOVEMBER | 2017

GEORGE LONG ELEMENTARY Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast Slider Fruit cup Assorted Fresh Fruit Milk	2 WG Choc Pop Tart Fruit cup Assorted Fresh Fruit Milk	3 Assorted Cereal Fruit cup Assorted Fresh Fruit Milk
6 Assorted Cereal Fruit cup Assorted Fresh Fruit Milk	7 Breakfast Slider Fruit cup Assorted Fresh Fruit Milk	8 WG Mini Blue Berry Pancakes Fruit cup Assorted Fresh Fruit Milk	9 Benefit Breakfast Bar Fruit cup Assorted Fresh Fruit Milk	10 WG Mini Chocolate Donuts Fruit cup Assorted Fresh Fruit Milk
13 WG Cinn Streussel Muffin Fruit cup Assorted Fresh Fruit Milk	14 WG Fruidel Fruit cup Assorted Fresh Fruit Milk	15 Late Start Day No Breakfast	16 Breakfast Pizza Fruit cup Assorted Fresh Fruit Milk	17 WG Pop Tart Fruit cup Assorted Fresh Fruit Milk
20 Benefit Breakfast Bar Fruit cup Assorted Fresh Fruit Milk	21 Pancakes, WG Mini, Strawberry Fruit cup Assorted Fresh Fruit Milk	22 No School Thanksgiving Break	23 No School Happy Thanksgiving	24 No School Thanksgiving Break
27 Assorted Cereal Fruit cup Assorted Fresh Fruit Milk	28 Mini WG Strawberry Bagel Fruit cup Assorted Fresh Fruit Milk	29 Breakfast Slider Fruit cup Assorted Fresh Fruit Milk	30 WG Choc Pop Tart Fruit cup Assorted Fresh Fruit Milk	

News

No time for breakfast at home? You can get a nutritious breakfast at the start of school. The cost is \$1.65 or 30 cents for reduced breakfast. The cost may be deducted from the student's lunch account.

Students are required to take at least one serving of fruit but can choose to take up to 2 different servings of fruit with their breakfast.

COME AND JOIN THE BREAKFAST CLUB!

USDA is an equal opportunity provider and employer.

If you received free or reduced benefits last year You will need to fill out a new application for this year.