



Golden Door Charter School

November 2017
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast

\$1.50

Adult Breakfast

\$2.00

Reduced Breakfast

\$0.30

take time for
**school
BREAKFAST**



NUTRITION NEWS:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try to fill at least half your plate with fruits and vegetables!</p>		1 Half Day Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	2 Egg & Cheese on a Bun Assorted Fruit 100% Fruit Juice Milk Selection	3 French Toast Sticks with Syrup Assorted Fruit 100% Fruit Juice Milk Selection
6 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	7 Cinni Minis with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	8 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	School Closed	10 School Closed
13 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	14 Cinni Minis with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	15 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	16 Egg & Cheese on a Bun Assorted Fruit 100% Fruit Juice Milk Selection	17 French Toast Sticks with Syrup Assorted Fruit 100% Fruit Juice Milk Selection
20 Half Day Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	21 Cinni Minis with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	School Closed	23 School Closed Happy Thanksgiving!	
27 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	28 Cinni Minis with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	29 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	30 Egg & Cheese on a Bun Assorted Fruit 100% Fruit Juice Milk Selection	

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MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"