








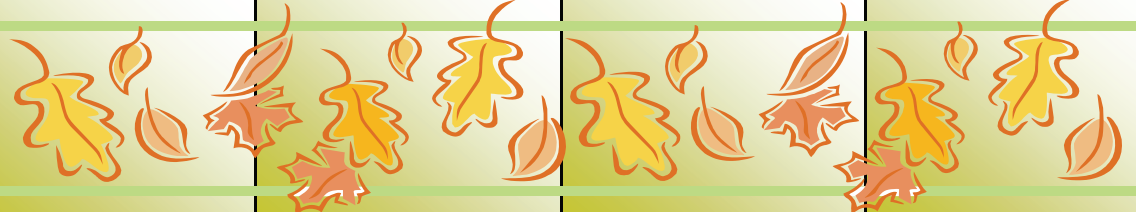


MARIA L. VARISCO-ROGERS CHARTER SCHOOL

 *Maschio's Food Services*

November Breakfast Menu

Healthy Meals Grow Healthy Kids!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| 2 Lucky Charms Cereal Graham Crackers (3) Fresh Orange Milk Selection  | 3 Blueberry Muffin Cheese Sticks 100 % Fruit Juice Cup Milk Selection | 4 Dannon Yogurt w/ Cheese Stick Fruit or 100 %Fruit Juice Cup Milk Selection | 5 Bagel w/ Cream Cheese 100% Fruit Juice Cup Milk Selection  | 6 Kellogg's Fruit Loops Fresh Banana Graham Crackers (3) Milk Selection  |
| 9 Lucky Charms Cereal Graham Crackers (3) Fresh Orange Milk Selection  | 10 Blueberry Muffin Cheese Sticks 100 % Fruit Juice Cup Milk Selection | 11 Dannon Yogurt w/ Cheese Stick Fruit or 100 %Fruit Juice Cup Milk Selection | 12 Sara Lee Bagel w/ Cream Cheese 100% Fruit Juice Cup Milk Selection  | 13 Kellogg's Frosted Flakes Fresh Banana Graham Crackers (3) Milk Selection |
| 16 Lucky Charms Cereal Graham Crackers (3) Fresh Orange Milk Selection | 17 Blueberry Muffin Cheese Sticks 100 % Fruit Juice Cup Milk Selection | 18 Dannon Yogurt w/ Cheese Stick Fruit or 100 %Fruit Juice Cup Milk Selection | 19 Sara Lee Bagel w/ Cream Cheese 100% Fruit Juice Cup Milk Selection  | 20 Kellogg's Frosted Flakes Fresh Banana Graham Crackers (3) Milk Selection |
| 23 Lucky Charms Cereal Graham Crackers (3) Fresh Orange Milk Selection  | 24 Blueberry Muffin Cheese Sticks 100 % Fruit Juice Cup Milk Selection | 25 Dannon Yogurt w/ Cheese Stick Fruit or 100 %Fruit Juice Cup Milk Selection | 26  | 27 |
| 30 Lucky Charms Cereal Graham Crackers (3) Fresh Orange Milk Selection |  | | | |

| | |
|--------------------------|---------------|
| Student Breakfast | \$1.50 |
| Adult Breakfast | \$1.90 |
| Student Milk | \$0.50 |
| Reduced Breakfast | \$0.30 |

COMPLETE BREAKFAST
INCLUDES:
 Entrée (Protein & Bread or
 Two of One)
 Fruit or 100% Juice
 Low-Fat Cold Milk Selection

Choice of flavored or unflavored,
 low fat milk available with all meals.

**START YOUR DAY
 WITH
 GOOD NUTRITION!**

EAT A COMPLETE BREAKFAST!



A DAY WITHOUT
 BREAKFAST IS LIKE
 A DAY WITHOUT
 SUNSHINE!