



# Carlisle Area Elementary Breakfast November



**Metz**  
CULINARY MANAGEMENT

**What is a Meal?**  
You must choose at least 3 of the 4 components available for the school breakfast price.

**Choice of:** Grain or grain/protein  
**Choice of fruit or vegetable** (must take at least a 1/2 cup)  
**and**  
**Choice of Milk**  
**Choice of Milk** - 1% white, chocolate

You must take at least 1/2 cup of fruit or vegetable

**Fruit May Include:**  
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

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Monday	Tuesday	Wednesday	Thursday	Friday
				<b>11/1/24</b>
				Cinnamon Toast Crunch Cereal with Graham Cracker  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk
<b>11/4/24</b>	<b>11/5/24</b>	<b>11/6/24</b>	<b>11/7/24</b>	<b>11/8/24</b>
Strawberry Poptart  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Breakfast Pizza  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Egg & Cheese Croissant  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Whole Grain Powdered Donuts  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	French Toast Breakfast Bar  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk
<b>11/11/24</b>	<b>11/12/24</b>	<b>11/13/24</b>	<b>11/14/24</b>	<b>11/15/24</b>
Chocolate Fudge Poptart  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Chocolate Chip French Toast  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Egg, Cheese, & Turkey Sausage Biscuit  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Chocolate Chocolate Chip Muffin  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Frosted Corn Flakes with Graham Cracker  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk
<b>11/18/24</b>	<b>11/19/24</b>	<b>11/20/24</b>	<b>11/21/24</b>	<b>11/22/24</b>
Blueberry Poptart  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Breakfast Pizza  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Egg & Cheese Croissant  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Apple Strudel  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk	Fruit Loops with Graham Cracker  Assorted 100% Fruit Juice or Assorted Fruit Choice of Milk
<b>11/25/24</b>	<b>11/26/24</b>	<b>11/27/24</b>	<b>11/28/24</b>	<b>11/29/24</b>



**HAPPY THANKSGIVING BREAK**



\* Contains NO Pork Product

**All Students Receive FREE Breakfast for School Year      Adult Breakfast \$2.85**

USDA is an equal opportunity provider and employer.