



# THE INTERGENERATIONAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
October 29, 2018	October 30, 2018	October 31, 2018	November 1, 2018	November 2, 2018
			MAPLE PANCAKES ^ Fresh Fruit Blended Fruit Juice Choice of Milk	TRIX ^ Strawberry Pancake Square ^ Fresh Fruit Choice of Milk
November 5, 2018	November 6, 2018	November 7, 2018	November 8, 2018	November 9, 2018
STRAWBERRY BANANA YOGURT Granola ^ Craisins Apple-Cranberry Juice Choice of Milk	NO SCHOOL	FROSTED CORN FLAKES ^ Graham Crackers ^ Fresh Fruit Choice of Milk	WAFFLES ^ Fresh Fruit Blended Fruit Juice Syrup Choice of Milk	CINNAMON CHEX ^ Cherry Breakfast Bar ^ Fresh Fruit Choice of Milk
November 12, 2018	November 13, 2018	November 14, 2018	November 15, 2018	November 16, 2018
GOLDEN GRAHAM CEREAL ^ Strawberry Pancake Square ^ Craisins Orange Juice Choice of Milk	FRENCH TOAST STICKS ^ Diced Pears Grape Juice Syrup Choice of Milk	COCOA PUFFS ^ Vanilla Waffle Square ^ Fresh Fruit Choice of Milk	SCRAMBLED EGGS ENGLISH MUFFIN ^ Fresh Fruit Apple-Cranberry Juice Choice of Milk	NO SCHOOL
November 19, 2018	November 20, 2018	November 21, 2018	November 22, 2018	November 23, 2018
NO SCHOOL	NO SCHOOL	NO SCHOOL	THANKSGIVING	NO SCHOOL
November 26, 2018	November 27, 2018	November 28, 2018	November 29, 2018	November 30, 2018
APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square ^ Craisins Grape Juice Choice of Milk	BEEF SAUSAGE ON A BISCUIT ^ Diced Pears Orange Juice Assorted Jelly Choice of Milk	VANILLA YOGURT Granola ^ Fresh Fruit Choice of Milk	MAPLE PANCAKES ^ Fresh Fruit Blended Fruit Juice Choice of Milk	CINNAMON TOAST CRUNCH ^ Strawberry Pancake Square ^ Fresh Fruit Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

