

IUSD NUTRITION SERVICES
MIDDLE and HIGH SCHOOLS
NOVEMBER 2009 BREAKFAST MENU



ENTRÉE

BAGEL (All Flavors)

with Jelly or Cream Cheese

or

Cinnamon Roll

or

Cheese Roll

or

Assorted Cereal with

String Cheese or Sunflower Nuts or Crackers

SIDE

(Choose 1)

Assorted Fruit Juice

Choice of Fresh Fruit

Assorted Canned Fruit

AND

MILK

½ pt

Lowfat White or

Nonfat White or Nonfat Chocolate



Thanksgiving

