

**Achievers Early College Prep Charter School - Breakfast**

November 1 - November 30

*What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>All Juice is 100% Fruit Juice</b>			1 Strawberry Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. Whole Wheat Bagel with Cream Cheese-1 Milk-8 oz.	2 Fresh Pear-1 100% Orange/Tangerine Juice-4 oz. Whole Grain Superdonut-3 oz. Milk-8 oz.
5 Fresh Apple-1 100% Strawberry/Kiwi Juice-4 oz. W/G Honey Graham Toasters Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	6 Fresh Pear-1 100% Apple Juice-4 oz. Whole Grain Strawberry Loaf-2 oz. W/G Multigrain Cheerios-1 oz. Milk-8 oz.	7 Fresh Banana-1 100% Grape Juice-4 oz. Whole Grain Cinnamon Raisin Bagel w/ Cream Cheese-1 Milk-8 oz.	8 Fresh Apple-1 100% Fruit Punch-4 oz. W/G Cinnamon Toasters Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.	9 Diced Pear Cup-1/2 c. 100% Orange Tangerine Juice-4 oz. W/G Apple Jacks Cereal-1 oz. Graham Crackers-3 Milk-8 oz.
12 Fresh Orange-1 100% Grape Juice-4 oz. Honey Scooters Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	13 Fresh Apple-1 100% Strawberry/Kiwi Juice-4 oz. Whole Grain Corn Muffin-2 oz. Non Fat Strawberry Yogurt-4 oz. Milk-8 oz.	14 Strawberry Applesauce Cup-1/2 c. 100% Orange Tangerine Juice-4 oz. W/G Cocoa Puffs Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	15 Fresh Banana-1 100% Fruit Punch-4 oz. W/G Bran Flakes-1 oz. W/G Potato Raisin Bread w/ Margarine-1 Milk 8 oz.	16 Mixed Fruit Cup-1/2 c. 100% Apple Juice-4 oz. Whole Grain Super Bun-3 oz. Milk-8 oz.
19 Diced Peach Cup-1/2 c. 100% Fruit Punch-4 oz. Fruity Cheerios-1 oz. W/G Apple Breakfast Bar-1 Milk-8 oz.	20 Fresh Pear-1 100% Apple Juice-4 oz. Multigrain Frosted Flakes Cereal-1 oz. Non Fat Blueberry Yogurt-4 oz. Milk-8 oz.	21 Fresh Orange-1 100% Grape Juice-4 oz. W/G Mateys Cereal-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.	22 <b>HAPPY THANKSGIVING</b>	23 <b>CLOSED</b>
26 Fresh Orange-1 100% Fruit Punch-4 oz. Apple Cinnamon Cheerios Cereal-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.	27 Fresh Apple-1 100% Strawberry/Kiwi Juice-4 oz. W/G Fruit Loops Cereal-1 oz. W/G Blueberry Muffin-2 oz. Milk-8 oz.	28 Diced Pear Cup-1/2 c. 100% Grape Juice-4 oz. W/G White Bagel with Cream Cheese-1 Milk-8 oz.	29 Fresh Banana-1 100% Orange Tangerine Juice-4 oz. Honey Scooters Cereal-1 oz. W/G Potato Raisin Bread w/ Margarine-1 Milk-8 oz.	30 Mixed Fruit Cup-1/2 c. 100% Apple Juice-4 oz. Whole Grain Superdonut-3 oz. Milk-8 oz.

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**