November BREAKFAST MENU Phillips School: Laurel

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Vanilla Yogurt (4 oz) Mixed Fruit (1 c) Granola Topping (1/4 c) Milk (8oz)
4 Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	5 **SCHOOL CLOSED** **STAFF WORK DAY**	6 Whole Grain Muffin (2.25 oz) Cinnamon Apple Slices (1 c) Milk (8oz)	7 Corn Flakes (1 c) Banana * (1 c) Milk (8oz)	8 Vanilla Yogurt (4 oz) Sliced Peaches (1 c) Granola Topping (1/4 c) Milk (8oz)
11 Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	12 Honeynut Cheerios (1 c) Diced Pears (1 c) Milk (8oz)	13 Whole Grain Muffin (2.25 oz) Fresh Honeydew Melon * (1 c) Milk (8oz)	14 Corn Flakes (1 c) Banana * (1 c) Milk (8oz)	15 Vanilla Yogurt (4 oz) Mixed Fruit (1 c) Granola Topping (1/4 c) Milk (8oz)
18 Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	19 Corn Flakes (1 c) Apple * (1 c) Milk (8oz)	20 Whole Grain Muffin (2.25 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	21 Honeynut Cheerios (1 c) Banana * (1 c) Milk (8oz)	22 Vanilla Yogurt (4 oz) Sliced Peaches (1 c) Granola Topping (1/4 c) Milk (8oz)
25 Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	26 Corn Flakes (1 c) Apple * (1 c) Milk (8oz)	27 **SCHOOL CLOSED** **THANKSGIVING**	28 **SCHOOL CLOSED** **THANKSGIVING**	29 **SCHOOL CLOSED** **THANKSGIVING**

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain
Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.
Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC
All Fruit Juices are 100% Juice Harrisburg Dairy, PA