

The Ethical Community Charter School

November 2017
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast

\$1.50

Adult Breakfast

\$2.00

Reduced Breakfast

\$0.30

take time for
**school
BREAKFAST**



NUTRITION NEWS:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try to fill at least half your plate with fruits and vegetables!</p>		1 Mini Pancakes Assorted Fruit 100% Juice Milk Selection	2 Yogurt and Muffin Assorted Fruit 100% Juice Milk Selection	3 French Toast Assorted Fruit 100% Juice Milk Selection
6 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	7 Bagel with Cream Cheese Assorted Fruit 100% Juice Milk Selection	8 Mini Pancakes Assorted Fruit 100% Juice Milk Selection	9 Yogurt and Muffin Assorted Fruit 100% Juice Milk Selection	10 School Closed
13 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	14 Bagel with Cream Cheese Assorted Fruit 100% Juice Milk Selection	15 Mini Pancakes Assorted Fruit 100% Juice Milk Selection	16 Yogurt and Muffin Assorted Fruit 100% Juice Milk Selection	17 French Toast Assorted Fruit 100% Juice Milk Selection
20 Assorted Cereal with Graham Crackers Assorted Fruit 100% Juice Milk Selection	21 Bagel with Cream Cheese Assorted Fruit 100% Juice Milk Selection	22 Mini Pancakes Assorted Fruit 100% Juice Milk Selection	23 School Closed	24 
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Happy Thanksgiving!

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MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"