

BREAKFAST		November	Twin Cities Academy	
SERVED DAILY				
Fresh Fruit - Apple, Banana, Pear, Orange, Craisins, Raisins, Applesauce, Fruit Cup Fruit Juice - Apple, Grape, Berry, Strawberry Kiwi, Orange Variety of Milk, including Skim				
Nov 3	Nov 4	Nov 5	Nov 6	Nov 7
Poptart	Breakfast Burrito	Banana Bread	Bagel W/ Cream Cheese	Brekkie
String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt		String Cheese or Fruit Yogurt
Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14
Cereal Bar	Mini Waffle	Blueberry Bread	Cini Mini Caramel Roll	Cinnamon Toast Muffin
String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt
Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21
Nature Valley	Breakfast Burrito	Banana Bread	Bagel W/ Cream Cheese	Poptart
String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt		String Cheese or Fruit Yogurt
Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28
Brekkie	Mini Waffle	Blueberry Bread	Mini Cinnis Roll	Cinnamon Toast Muffin
String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt
Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk
MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS Note: Menus may use ingredients that contain nuts/seeds, milk, egg, soybean, and other products. This institution is an equal opportunity provider.			Our Commitment “Healthy Food, Healthy Message” We provide wholesome, delicious, real food that helps teach the right message to children.	