

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>WG</b> Cinnamon Pancakes</p> <p>Assorted Fresh Fruit</p>	<p>2</p> <p><b>WG</b> Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>3</p> <p><b>WG</b> Strawberry Filled Bagel</p> <p>Assorted Fresh Fruit</p>	<p>4</p> <p><b>WG</b> Grape Crescent</p> <p>Assorted Fresh Fruit</p>	<p>5</p> <p><b>WG</b> Banana Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>
<p>8</p> <p><b>WG</b> French Toast Sticks</p> <p>Assorted Fresh Fruit</p>	<p>9</p> <p><b>WG</b> Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>10</p> <p><b>WG</b> Blueberry Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>	<p>11</p> <p>Holiday/Non-Attendance Day</p> 	<p>12</p> <p><b>WG</b> Apple Cinnamon Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>
<p>15</p> <p><b>WG</b> Blueberry Pancakes</p> <p>Assorted Fresh Fruit</p>	<p>16</p> <p><b>WG</b> Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>17</p> <p><b>WG</b> Cinnamon Pancakes</p> <p>Assorted Fresh Fruit</p>	<p>18</p> <p><b>WG</b> Mini Cinnis</p> <p>Assorted Fresh Fruit</p>	<p>19</p> <p><b>WG</b> Banana Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>
<p>22</p> <p><b>WG</b> French Toast Sticks</p> <p>Assorted Fresh Fruit</p>	<p>23</p> <p><b>WG</b> Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>24</p> <p><b>WG</b> Blueberry Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>	<p>25</p> <p>26</p> <p>Holiday/Non-Attendance Day      Holiday/Non-Attendance Day</p> <p>HAPPY</p> <p><i>Thanksgiving</i></p> 	
<p>29</p> <p><b>WG</b> Blueberry Pancakes</p> <p>Assorted Fresh Fruit</p>	<p>30</p> <p><b>WG</b> Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p><b>Breakfast and lunch are served at no charge to all MCS students. 1/2 pint milk served with each meal. Extra milk is \$.50. See <a href="http://www.mcsnutrition.org">www.mcsnutrition.org</a> for nutrition information.</b></p> 		