



# NOVEMBER 2018

## Blount County Schools

Offered Daily: 1% Low-fat Milk

Non-Fat Flavored Milk

Offer vs Serve Requirement: Student must select 1 serving of Fruit or Vegetable, plus 2 other items

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Bagel **5**  
OR  
Cereal & Toast w/Jelly  
Chilled Fruit  
Juice

French Toast Sticks **6**  
With Syrup  
OR  
Cereal  
Yogurt  
Chilled Fruit

Chicken Biscuit **7**  
Biscuit Toppers  
OR  
Cereal w/Chicken  
Juice  
Fruit

Muffin **1**  
Yogurt  
Cereal  
Juice  
Chilled Fruit

Southern Style Biscuit with **2**  
Sausage Gravy  
OR  
Cereal & Toast w/Jelly  
Juice Fruit

*Happy Veterans Day* **12**

Mini Pancakes **13**  
with Syrup  
OR  
Cereal & Toast w/Jelly  
Juice & Chilled Fruit

Glazed Cinnamon Roll **14**  
OR  
Cereal  
Smokey Sausage Links  
Juice & Chilled Fruit

Cereal Bar **15**  
Muffin  
Cereal & Toast w/Jelly  
Juice  
Fresh Fruit

Southern Sausage Biscuit **16**  
OR  
Cereal w/ Sausage  
Juice &  
Chilled Fruit

Breakfast Pizza **19**  
OR  
Cereal & Toast w/Jelly  
Juice  
Chilled Fruit

French Toast Sticks **20**  
With Syrup  
OR  
Cereal  
Yogurt  
Chilled Fruit

*Thanksgiving Holiday*

Country Ham Biscuit **26**  
Biscuit Toppers  
OR  
Cereal Toast w/Jelly  
Juice & Fruit

Breakfast Burrito **27**  
OR  
Cereal & Toast w/Jelly  
Juice  
Chilled Fruit

Chicken & Waffles **28**  
OR  
Cereal & Toast w/Jelly  
Juice  
Chilled Fruit

Muffin **29**  
Yogurt  
Cereal  
Juice  
Chilled Fruit

Southern Sausage Biscuit **30**  
OR  
Cereal w/ Sausage  
Juice  
Chilled Fruit

USDA is an Equal Opportunity Employer and Provider.

Various Grab/Go Breakfast Items Offered Daily. Items may include 12 oz Smoothies, Yogurt Parfaits, or Cereal Bar Options.

Menu Subject to Change; Not all options available every day.

