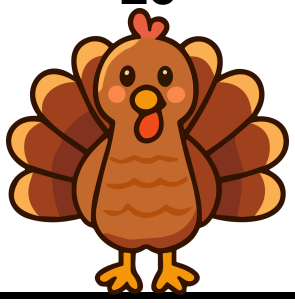
unity meals
BRK C

NOVEMBER
BREAKFAST

*MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

HAPPY DIWALI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *Cereal Bar or *Cereal Bowl (Cinnamon Toast Crunch) + Graham crackers	**3** *Mocha Crumble Cake or *Sunrise Muffin	**4** *Pan Dulce (Pink) or *Cereal Bowl (Corn Flakes) + Graham crackers	**5** *Chocolate Chip Muffin or *Zucchini Bread	**6** *Blueberry Crumble or *Cereal bowl (Apple Jacks + Graham crackers
9 *Double Chocolate Muffin or *Cereal bowl (Cheerios) + Graham crackers	**10** *Pan Dulce (Vanilla) or *Blueberry Crumble Muffin	**11** 	**12** *Fun and Fruity Waffles or *Sunrise Muffin	**13** *Cinnamon Crumble or *Cereal Bowl (TRIX) + Graham crackers
16 *Low-fat Yogurt and Granola or *Cereal Bowl (Corn Flakes) + Graham crackers	**17** *Cinnamon Crumble Cake or *Zucchini Bread	**18** *Chocolate Waffles or *Cereal Bowl (Apple Cinnamon) + Graham crackers	**19** *Pan Dulce (Pink) or *Blueberry Muffin	**20** *WOWbutter uncrustable or *Cereal Bowl (Cinnamon Toast Crunch) + Graham crackers
23 *Chocolate Chip Muffin or *Cereal Bowl (Cinnamon Toast Crunch) + Graham crackers	**24** *Cereal Bar with Graham crackers or *Sunrise Muffin	**25** *Pancake Bowl or *Cereal Bowl (Corn Flakes) + Graham crackers	**26** 	**27** *Cereal Bowl (Apple Cinnamon) + Graham crackers
30 *Cereal Bar or *Cereal Bowl (Cheerios) + Graham crackers	Meal Pattern: 8 oz Milk 1 oz MMA (Meat) + 1 oz Whole Grain or 2 oz Whole Grain 1 cup Fruit		**All meals are served with fruit and a choice of milk** ***All grains are whole grains** *** This institution is an equal opportunity provider**	