



Noble Grab & Go Breakfast: October 2016

Full Student Breakfast Includes Choice of Entrée, Fruit, and Choice of Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><u>Choose One</u> Whole Grain Waffles</p> <p>Strawberry Cheerios Bar & Light Mozzarella Cheese</p> <p><u>Sides</u> Assorted Fresh Fruit 100% Fruit Juice Low Fat or Non Fat Milk</p>	<p>4</p> <p><u>Choose One</u> Egg & Cheese Bagel Sandwich</p> <p>Berry Smoothie & Graham Crackers</p> <p><u>Sides</u> Assorted Fresh Fruit Low Fat or Non Fat Milk</p>	<p>5</p> <p><u>Choose One</u> Turkey Sausage & Cheese Biscuit Sandwich</p> <p>Fruity Cheerios Bar & All Natural Fruit Flavored Yogurt</p> <p><u>Sides</u> Assorted Fresh Fruit 100% Fruit Juice Low Fat or Non Fat Milk</p>	<p>6</p> <p><u>Choose One</u> Chicken Sausage Pancake Sandwich</p> <p>Blueberry Muffin & Light Mozzarella Cheese</p> <p><u>Sides</u> Assorted Fresh Fruit Low Fat or Non Fat Milk</p>	<p>7</p> <p><u>Choose One</u> French Toast Sticks</p> <p>Cereal w/ All Natural Fruit Flavored Yogurt</p> <p><u>Sides</u> Assorted Fresh Fruit Low Fat or Non Fat Milk</p>
<p>10</p> <p><u>Choose One</u> Whole Grain Pancakes</p> <p>Peach Cobbler Parfait</p> <p><u>Sides</u> Assorted Fresh Fruit 100% Fruit Juice Low Fat or Non Fat Milk</p>	<p>11</p> <p><u>Choose One</u> Chicken Sausage Biscuit Sandwich</p> <p>Apple Cinnamon Cereal Bar & Light Mozzarella Cheese</p> <p><u>Sides</u> Assorted Fresh Fruit Low Fat or Non Fat Milk</p>	<p>12</p> <p><u>Choose One</u> Turkey Sausage & Cheese Bagel Sandwich</p> <p>Bagel w/ Light Cream Cheese and Jelly</p> <p><u>Sides</u> Assorted Fresh Fruit 100% Fruit Juice Low Fat or Non Fat Milk</p>	<p>13</p> <p><u>Choose One</u> Egg and Cheese Biscuit Sandwich</p> <p>Banana Muffin & Light mozzarella Cheese</p> <p><u>Sides</u> Assorted Fresh Fruit Low Fat or Non Fat Milk</p>	<p>14</p> <p><u>Choose One</u> French Toast Sticks</p> <p>Cereal w/ All Natural Fruit Flavored Yogurt</p> <p><u>Sides</u> Assorted Fresh Fruit Low Fat or Non Fat Milk</p>
<p>17</p> <p><u>Choose One</u> Whole Grain Waffles</p> <p>Strawberry Cheerios Bar & Light Mozzarella Cheese</p> <p><u>Sides</u> Assorted Fresh Fruit 100% Fruit Juice Low Fat or Non Fat Milk</p>	<p>18</p> <p><u>Choose One</u> Egg & Cheese Bagel Sandwich</p> <p>Berry Smoothie & Graham Crackers</p> <p><u>Sides</u> Assorted Fresh Fruit Low Fat or Non Fat Milk</p>	<p>19</p> <p><u>Choose One</u> Turkey Sausage & Cheese Biscuit Sandwich</p> <p>Cereal & All Natural Fruit Flavored Yogurt</p> <p><u>Sides</u> Assorted Fresh Fruit 100% Fruit Juice Low Fat or Non Fat Milk</p>	<p>20</p> <p><u>Choose One</u> Chicken Sausage Pancake Sandwich</p> <p>Blueberry Muffin & Light Mozzarella Cheese</p> <p><u>Sides</u> Assorted Fresh Fruit Low Fat or Non Fat Milk</p>	<p>21</p> <p>NO CLASSES</p> <p>PROFESSIONAL DEVELOPMENT</p>
<p>24</p> <p><u>Choose One</u> Whole Grain Pancakes</p> <p>Peach Cobbler Parfait</p> <p><u>Sides</u> Assorted Fresh Fruit 100% Fruit Juice Low Fat or Non Fat Milk</p>	<p>25</p> <p><u>Choose One</u> Chicken Sausage Biscuit Sandwich</p> <p>Apple Cinnamon Cereal Bar & Light Mozzarella Cheese</p> <p><u>Sides</u> Assorted Fresh Fruit Low Fat or Non Fat Milk</p>	<p>26</p> <p><u>Choose One</u> Turkey Sausage & Cheese Bagel Sandwich</p> <p>Bagel w/ Light Cream Cheese and Jelly</p> <p><u>Sides</u> Assorted Fresh Fruit 100% Fruit Juice Low Fat or Non Fat Milk</p>	<p>27</p> <p><u>Choose One</u> Egg and Cheese Biscuit Sandwich</p> <p>Banana Muffin & Light mozzarella Cheese</p> <p><u>Sides</u> Assorted Fresh Fruit Low Fat or Non Fat Milk</p>	<p>28</p> <p><u>Choose One</u> French Toast Sticks</p> <p>Cereal w/ All Natural Fruit Flavored Yogurt</p> <p><u>Sides</u> Assorted Fresh Fruit Low Fat or Non Fat Milk</p>

This institution is an equal opportunity provider. Food Service Provided by Chartwells. Menu subject to change without notice.

Students must select three food components including a 1/2 cup serving of fruit.

Milk: All meals are offered with a choice of milk. Milk choices include skim white or 1% white.

Grains: All of the grain products we serve are whole grains.

Fruits: Assorted fresh fruit may include: apples, bananas, pears, and oranges.

Juice: All juice is 100% fruit juice. Choices may include apple, grape, orange or fruit punch.

