



# 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



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

6  
French Toast Sticks  
With Syrup  
OR  
Cereal  
Yogurt  
Chilled Fruit

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

1  
Muffin  
Yogurt  
Cereal  
Juice  
Chilled Fruit

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

8  
Muffin  
Yogurt  
Cereal  
Juice  
Chilled Fruit

9  
Southern Sausage Biscuit  
OR  
Cereal w/Sausage  
Chilled Fruit & Juice

12  
*Happy  
Veterans  
Day*

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

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

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

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

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

20  
French Toast Sticks  
With Syrup  
OR  
Cereal  
Yogurt  
Chilled Fruit

21  
22  
23  
*Thanksgiving Holiday*

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

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

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

29  
Muffin  
Yogurt  
Cereal  
Juice  
Chilled Fruit

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

