



BREAKFAST K-12 2022

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|---|--|--|--|---|--|
| Week 1 Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2: | | Tuesday November 1, 2022 | Wednesday November 2, 2022 | Thursday November 3, 2022 | Friday November 4, 2022 |
| | | Steak Biscuit or Yogurt w/Muffin | Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg | Yogurt w/Muffin or -Assorted Cereal Bowl w/Hard Boiled Egg | Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg |
| | | -Fresh Granny Smith Apple -100% Fruit Juice | -Fresh Strawberries -100% Fruit Juice | -Fresh Watermelon -100% Fruit Juice | -Fresh Orange -100% Fruit Juice |
| Fruit/Vegetable: Choose 1 or 2 | | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim |
| Milk Choose 1 | | | | | |
| Week 2 Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2: | Monday November 7, 2022 | Tuesday November 8, 2022 | Wednesday November 9, 2022 | Thursday November 10, 2022 | Friday November 11, 2022 |
| | Schools Closed | Schools Closed for Students | Steak on Southern Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg | Turkey Bacon, Egg & Cheese on English Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg | Steak Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg |
| | Fruit/Vegetable: Choose 1 or 2 | | -Fresh Strawberries -100% Fruit Juice | -Fresh Watermelon -100% Fruit Juice | -Fresh Orange -100% Fruit Juice |
| Milk Choose 1 | -LF White -FF Chocolate -FF Skim | | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | |

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| Week 3 | Monday November 14, 2022 | Tuesday November 15, 2022 | Wednesday November 16, 2022 | Thursday November 17, 2022 | Friday November 18, 2022 |
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| Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2: | Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg | Steal Biscuit or Yogurt w/Muffin | Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg | Yogurt w/Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg | Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg |
| Fruit/Vegetable: Choose 1 or 2 | -Fresh Pear -100% Fruit Juice | -Fresh Granny Smith Apple -100% Fruit Juice | -Fresh Strawberries -100% Fruit Juice | -Fresh Watermelon -100% Fruit Juice | -Fresh Orange -100% Fruit Juice |
| Milk Choose 1 | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim |
| Week 4 | Monday November 21, 2022 | Tuesday November 22, 2022 | Wednesday November 23, 2022 | Thursday November 24, 2022 | Friday November 25, 2022 |
| Grain/Meat/Meat Alt. Entrée Choose 1 Option 1: Option 2: | Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg | Grilled Cheese Sandwich or -Yogurt w. /WG Muffin | <p>Happy Thanksgiving</p> | | |
| Fruit/Vegetable: Choose 1 or 2 | -Fresh Pear -100% Fruit Juice | -Fresh Granny Smith Apple -100% Fruit Juice | | | |
| Milk Choose 1 | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | | | |

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| Week 5 | Monday November 28, 2022 | Tuesday November 29, 2022 | Wednesday November 30, 2022 |
|---|---|--|---|
| Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2: | Poptart and Hardboiled Egg or Assorted Cereal Bowl w./Hard Boiled Egg | Steak Biscuit or Yogurt w/Muffin | Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg |
| Fruit/Vegetable: Choose 1 or 2 | -Fresh Pear -100% Fruit Juice | -Fresh Granny Smith Apple -100% Fruit Juice | -Fresh Strawberries -100% Fruit Juice |
| Milk Choose 1 | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim | -LF White -FF Chocolate -FF Skim |



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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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