***Pricing:***

**All students are eligible for ONE FREE breakfast per day.**

A la carte & second meals cost money.

# MENU

NOVEMBER

## 6-8 BREAKFAST

| | | | | |
|---|---|---|---|---|
| 2<br>Asst. Breakfast Cereal<br>OR<br>Breakfast Sandwich<br>100% Fruit Juice & Fruit<br>Choice of Milk | 3<br>Asst. Breakfast Cereal<br>OR<br>Super Bakery Bread<br>100% Fruit Juice & Fruit<br>Choice of Milk | 4<br>Asst. Breakfast Cereal<br>OR<br>Yogurt w/ Fruit & Granola<br>100% Fruit Juice & Fruit<br>Choice of Milk | 5<br>Asst. Breakfast Cereal<br>OR<br>Breakfast Sandwich<br>100% Fruit Juice & Fruit<br>Choice of Milk | 6<br>Asst. Breakfast Cereal<br>OR<br>Fresh Baked Donut<br>100% Fruit Juice & Fruit<br>Choice of Milk |
| 9<br>Asst. Breakfast Cereal<br>OR<br>Breakfast Sandwich<br>100% Fruit Juice & Fruit<br>Choice of Milk | 10<br>Asst. Breakfast Cereal<br>OR<br>Super Bakery Bread<br>100% Fruit Juice & Fruit<br>Choice of Milk | 1<br>1<br>**No School**<br>Veterans Day | 12<br>Asst. Breakfast Cereal<br>OR<br>Breakfast Sandwich<br>100% Fruit Juice & Fruit<br>Choice of Milk | 13<br>Asst. Breakfast Cereal<br>OR<br>Fresh Baked Donut<br>100% Fruit Juice & Fruit<br>Choice of Milk |
| 16<br>Asst. Breakfast Cereal<br>OR<br>Breakfast Sandwich<br>100% Fruit Juice & Fruit<br>Choice of Milk | 17<br>Asst. Breakfast Cereal<br>OR<br>Super Bakery Bread<br>100% Fruit Juice & Fruit<br>Choice of Milk | 18<br>Asst. Breakfast Cereal<br>OR<br>Yogurt w/ Fruit & Granola<br>100% Fruit Juice & Fruit<br>Choice of Milk | 19<br>Asst. Breakfast Cereal<br>OR<br>Breakfast Sandwich<br>100% Fruit Juice & Fruit<br>Choice of Milk | 20<br>Asst. Breakfast Cereal<br>OR<br>Fresh Baked Donut<br>100% Fruit Juice & Fruit<br>Choice of Milk |
| 23<br>Asst. Breakfast Cereal<br>OR<br>Breakfast Sandwich<br>100% Fruit Juice & Fruit<br>Choice of Milk | 24<br>Asst. Breakfast Cereal<br>OR<br>Super Bakery Bread<br>100% Fruit Juice & Fruit<br>Choice of Milk | 25<br>**No School**<br>Thanksgiving Break | 26<br>**No School**<br>Thanksgiving | 27<br>**No School**<br>Thanksgiving Break |
| 30<br>Asst. Breakfast Cereal<br>OR<br>Breakfast Sandwich<br>100% Fruit Juice & Fruit<br>Choice of Milk | | | | |

**View Menus Online**

**linqconnect.com**

Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.
Notice is posted when available.

**All breakfast meals include fresh fruit, 100% fruit juice, and low-fat white or flavored milk.**

BETHLEHEM CENTRAL

In collaboration with CAPITAL REGION BOCES SHARED FOOD SERVICE PROGRAM



MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION

*This institution is an equal opportunity provider.*