



November 2017

Premier Charter Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Whole Grain Biscuits & Gravy
- Sweet Strawberry Nutrigrain Bar
- Frosted Flakes Cereal
- Apple Jacks Cereal
- Fruity Froot Loops Cereal
- Whole Grain Brown Rice Krispies Cereal
- Sweet Whole Grain Apple Cinnamon Nutrigrain Bar
- Whole Grain Toast w/ Margarine

2

- Whole Grain Cinnamon Roll with Icing
- Frosted Flakes Cereal
- Trix Cereal
- Whole Grain Brown Rice Krispies Cereal
- Cocoa Puffs Cereal
- Sweet Whole Grain Apple Cinnamon Nutrigrain Bar
- Sweet Strawberry Nutrigrain Bar
- Icy Very Berry Smoothie
- Whole Grain Toast w/ Margarine

3

- Gluten Free Rice Chex Cereal
- Sweet Strawberry Nutrigrain Bar
- Raisin Bran Cereal
- Frosted Flakes Cereal
- Fruity Froot Loops Cereal
- Sweet Whole Grain Apple Cinnamon Nutrigrain Bar
- Whole Grain Breakfast Sausage & Cheese Pizza
- Whole Grain Toast w/ Margarine

6

- Mini Golden Blueberry Pancakes
- Trix Cereal
- Whole Grain Brown Rice Krispies Cereal
- Frosted Flakes Cereal
- Cocoa Puffs Cereal

7

- Whole Grain Egg & Cheese English Muffin Sandwich
- Whole Grain Brown Rice Krispies Cereal
- Cocoa Puffs Cereal
- Cheerios Cereal
- Cinnamon Toast Crunch Cereal
- Blueberry Banana Smoothie W/ Graham Crackers

8

- Whole Wheat Bagel
- Whole Grain Brown Rice Krispies Cereal
- Trix Cereal
- Fruity Froot Loops Cereal
- Golden Grahams Cereal
- Reduced Fat Cream Cheese

9

- Warm Breakfast on a Stick
- Whole Grain Brown Rice Krispies Cereal
- Frosted Flakes Cereal
- Fruity Froot Loops Cereal
- Cheerios Cereal
- Pineapple Mango Smoothie W/ Graham Crackers
- Syrup Packet

10

- Melted Colby Cheese Omelet
- Frosted Flakes Cereal
- Raisin Bran Cereal
- Golden Grahams Cereal
- Whole Grain Brown Rice Krispies Cereal

13

- Mini Golden Blueberry Pancakes
- Whole Grain Brown Rice Krispies Cereal
- Frosted Flakes Cereal
- Trix Cereal
- Cocoa Puffs Cereal

14

- Whole Grain Apple Frudel
- Whole Grain Brown Rice Krispies Cereal
- Cinnamon Toast Crunch Cereal
- Cocoa Puffs Cereal
- Cheerios Cereal
- Peach Smoothie W/ Graham Crackers
- Syrup Cup

15

- Whole Grain Golden Blueberry Muffin
- Whole Grain Brown Rice Krispies Cereal
- Trix Cereal
- Fruity Froot Loops Cereal
- Gluten Free Rice Chex Cereal

16

- Maple Mini Waffles
- Whole Grain Brown Rice Krispies Cereal
- Frosted Flakes Cereal
- Fruity Froot Loops Cereal
- Cheerios Cereal
- Icy Strawberry Pineapple Smoothie

17

- Mandarin Orange & Vanilla Yogurt with Honey Granola Parfait
- Whole Grain Brown Rice Krispies Cereal
- Golden Grahams Cereal
- Frosted Flakes Cereal
- Trix Cereal

20

- Egg & Sausage English Muffin Sandwich
- Cheerios Cereal
- Golden Grahams Cereal
- Apple Jacks Cereal
- Trix Cereal

21

- Homemade Egg & Cheese Burrito 9"
- Cheerios Cereal
- Golden Grahams Cereal
- Apple Jacks Cereal
- Trix Cereal
- Icy Very Berry Smoothie

22

No School

23

Thanksgiving - No School

24

No School

27

- Chilled Strawberry Yogurt Cup
- Trix Cereal
- Frosted Flakes Cereal
- Cheerios Cereal
- Golden Grahams Cereal

28

- Peach Oatmeal
- Apple Jacks Cereal
- Cocoa Puffs Cereal
- Cinnamon Toast Crunch Cereal
- Raisin Bran Cereal
- Strawberry Banana Smoothie

29

- Whole Grain Biscuits & Gravy
- Frosted Flakes Cereal
- Apple Jacks Cereal
- Fruity Froot Loops Cereal
- Whole Grain Brown Rice Krispies Cereal

30

- Whole Grain Cinnamon Roll with Icing
- Frosted Flakes Cereal
- Trix Cereal
- Whole Grain Brown Rice Krispies Cereal
- Cocoa Puffs Cereal
- Icy Very Berry Smoothie

Milk Offered Daily: White 1% Low Fat Milk , Fat Free White Milk , Fat Free Chocolate Milk

Fresh Fruit & 100% Fruit Juice Selection Offered Daily: Fresh Orange , Fresh Banana , Fresh Apple , Orange Juice , Apple Juice 4oz , Grape Juice

Offered Daily at Breakfast: Whole Grain Toast w/ Margarine , Jelly Packet , Sweet Strawberry Nutrigrain Bar , Sweet Whole Grain Apple Cinnamon Nutrigrain Bar

More Details: <http://premiercharterschool.nutrislice.com/menu/premier-lower/breakfast/>
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