


















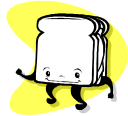
**DIVISION OF NUTRITION SERVICES – MEMPHIS CITY SCHOOLS  
NOVEMBER BREAKFAST MENU 2009**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<u>October 26, 2009</u>	<u>October 27, 2009</u>	<u>October 28, 2009</u>	<u>October 29, 2009</u>	<u>October 30, 2009</u>
<p><b><u>Choice</u></b>            (A) Breakfast MVP            (B) Breakfast Sausage Bagel             (C) Cereal &amp; Graham Crackers</p> <p><b><u>Other</u></b>            Juice            Milk</p> <p><b>After School Snack:</b>            Belly Bears            6 oz. Juice</p>	<p><b><u>Choice</u></b>            (A) Whole Grain Pop Tart &amp; Graham Crackers            (B) Chicken &amp; Biscuit            (C) Cereal &amp; Graham Crackers</p> <p><b><u>Other</u></b>            Juice             Milk</p> <p><b>After School Snack:</b>            Strawberry Fruit Bar            8 oz. Milk</p>	<p><b><u>Choice</u></b>            (A) Banana Loaf            (B) Cheddar Omelet &amp; Toast            (C) Cereal &amp; Graham Crackers</p> <p><b><u>Other</u></b>            Juice            Milk</p> <p><b>After School Snack:</b>            Lemon Dinosaur            6 oz. Juice</p>	<p><b><u>Choice</u></b>            (A) Blueberry Muffin             (B) Sausage &amp; Biscuit            (C) Cereal &amp; Graham Crackers</p> <p><b><u>Other</u></b>            Juice             Milk</p> <p><b>After School Snack:</b>            Vanilla Bear Grahams            6 oz. Juice</p>	<p><b><u>Choice</u></b>            (A) Dutch Waffles            (B) Grilled Cheese Sandwich            (C) Cereal &amp; Graham Crackers</p> <p><b><u>Other</u></b>            Juice            Milk</p> <p><b>After School Snack:</b>            Cereal, Variety            8 oz. Milk</p>
<u>November 2, 2009</u>	<u>November 3, 2009</u>	<u>November 4, 2009</u>	<u>November 5, 2009</u>	<u>November 6, 2009</u>
<p><b><u>Choice</u></b>            (A) Breakfast MVP             (B) Breakfast Sausage Bagel            (C) Cereal &amp; Graham Crackers</p> <p><b><u>Other</u></b>            Juice             Milk</p> <p><b>After School Snack:</b>            Nacho Cheese Doritos            6 oz. Juice</p>	<p><b><u>Choice</u></b>            (A) Whole Grain Pop Tart &amp; Graham Crackers            (B) Chicken &amp; Biscuit            (C) Cereal &amp; Graham Crackers</p> <p><b><u>Other</u></b>            Juice            Milk</p> <p><b>After School Snack:</b>            ½ Deli Sandwich            6 oz. Juice</p>	<p><b><u>Choice</u></b>            (A) Banana Loaf            (B) Cheddar Omelet &amp; Toast            (C) Cereal &amp; Graham Crackers</p> <p><b><u>Other</u></b>            Juice             Milk</p> <p><b>After School Snack:</b>            Baked Cheetos            6 oz. Juice</p>	<p><b><u>Choice</u></b>            (A) Blueberry Muffin             (B) Sausage &amp; Biscuit            (C) Cereal &amp; Graham Crackers</p> <p><b><u>Other</u></b>            Juice            Milk</p> <p><b>After School Snack:</b>            Animal Cookies            6 oz. Juice</p>	<p><b><u>Choice</u></b>            (A) Cinnamon Rolls            (B) Grilled Cheese Sandwich            (C) Cereal &amp; Graham Crackers</p> <p><b><u>Other</u></b>            Juice             Milk</p> <p><b>After School Snack:</b>            Crunchy Snack Mix            6 oz. Juice</p>

**MILK** – STUDENTS HAVE A CHOICE OF A VARIETY OF MILK. \*MENUS ARE SUBJECT TO CHANGE.\*  
 \*\*\*Graham Crackers MUST be offered with the Cereal & Pop Tart.

“In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.”

**DIVISION OF NUTRITION SERVICES – MEMPHIS CITY SCHOOLS  
NOVEMBER BREAKFAST MENU 2009**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<u>November 9, 2009</u>	<u>November 10, 2009</u>	<u>November 11, 2009</u>	<u>November 12, 2009</u>	<u>November 13, 2009</u>
<p><b>Choice</b> (A) Breakfast MVP (B) Breakfast Sausage Bagel  (C) Cereal &amp; Graham Crackers</p> <p><b>Other</b> Juice Milk</p> <p><b>After School Snack:</b> Chili Cheese Fantastix 6 oz. Juice</p>	<p><b>Choice</b> (A) Whole Grain Pop Tart &amp; Graham Crackers (B) Chicken &amp; Biscuit (C) Cereal &amp; Graham Crackers</p> <p><b>Other</b>  Juice Milk</p> <p><b>After School Snack:</b> Strawberry Fruit Bar 6 oz. Juice</p>	<p><b>Choice</b> (A) Banana Loaf (B) Cheddar Omelet &amp; Toast (C) Cereal &amp; Graham Crackers</p> <p><b>Other</b> Juice Milk</p> <p><b>After School Snack:</b> Vanilla Bear Grahams 6 oz. Juice</p>	<p><b>Choice</b> (A) Blueberry Muffin  (B) Sausage &amp; Biscuit (C) Cereal</p> <p><b>Other</b>  Juice Milk</p> <p><b>After School Snack:</b> Strawberry Dinosaur 6 oz. Juice</p>	<p><b>Choice</b> (A) Mini Pancakes (B) Grilled Cheese Sandwich (C) Cereal &amp; Graham Crackers</p> <p><b>Other</b> Juice Milk</p> <p><b>After School Snack:</b> Cereal, Variety 8 oz. Milk</p>
<u>November 16, 2009</u>	<u>November 17, 2009</u>	<u>November 18, 2009</u>	<u>November 19, 2009</u>	<u>November 20, 2009</u>
<p><b>Choice</b> (A) Breakfast MVP (B) Breakfast Sausage Bagel  (C) Cereal &amp; Graham Crackers</p> <p><b>Other</b>  Juice Milk</p> <p><b>After School Snack:</b> Belly Bears 6 oz. Juice</p>	<p><b>Choice</b> (A) Whole Grain Pop Tart &amp; Graham Crackers (B) Chicken &amp; Biscuit (C) Cereal &amp; Graham Crackers</p> <p><b>Other</b> Juice Milk</p> <p><b>After School Snack:</b> MVP 8 oz. Milk</p>	<p><b>Choice</b> (A) Banana Loaf (B) Cheddar Omelet &amp; Toast (C) Cereal &amp; Graham Crackers</p> <p><b>Other</b>  Juice Milk</p> <p><b>After School Snack:</b> Baked Cheetos 6 oz. Juice</p>	<p><b>Choice</b> (A) Blueberry Muffin  (B) Sausage &amp; Biscuit (C) Cereal &amp; Graham Crackers</p> <p><b>Other</b> Juice Milk</p> <p><b>After School Snack:</b> Animal Cookies 6 oz. Juice</p>	<p><b>Choice</b> (A) Dutch Waffles (B) Grilled Cheese Sandwich (C) Cereal &amp; Graham Crackers</p> <p><b>Other</b>  Juice Milk</p> <p><b>After School Snack:</b> Crunchy Snack Mix 6 oz. Juice</p>

MILK – STUDENTS HAVE A CHOICE OF A VARIETY OF MILK. \*MENUS ARE SUBJECT TO CHANGE.\*  
\*\*\*Graham Crackers MUST be offered with the Cereal & Pop Tart.

“In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.”