

Monday	Tuesday	Wednesday	Thursday	Friday
11/7	11/8	11/9	11/10	11/11
Whole Grain Apple Cinnamon Muffin or Assorted Cereal String Cheese Raisins 100% Juice	NO SCHOOL	Chocolate Chip French Toast or Assorted Cereal Cinnamon Goldfish Cracker Fresh Fruit 100% Juice	NO SCHOOL	Yogurt Cup or Assorted Cereal Graham Crackers Fresh Fruit 100% Juice
11/14	11/15	11/16	11/17	11/18
Whole Grain Banana Muffin or Assorted Cereal String Cheese Fresh Fruit 100% Juice	Cinnamon Toast Crunch Cereal or Assorted Cereal Bar String Cheese Fresh Fruit 100% Juice	Mini Strawberry Bagels or Assorted Cereal Bar Cinnamon Goldfish Cracker Fresh Fruit 100% Juice	Whole Grain Cinnamon Roll or Assorted Cereal Bar String Cheese Fresh Fruit 100% Juice	Whole Wheat Bagel Cream Cheese Cup or Assorted Cereal Bar Cinnamon Goldfish Cracker Fresh Fruit 100% Juice
11/21	11/22	11/23	11/24	11/25
Cinnamon Stuffed Bagel or Assorted Cereal Cinnamon Goldfish Cracker Watermelon Craisins 100% Juice	Blueberry Bash Mini Waffles or Assorted Cereal String Cheese Fresh Fruit 100% Juice	NO SCHOOL	NO SCHOOL	NO SCHOOL
11/28	11/29	11/30	12/1	12/2
Banana Ultra Bread or Assorted Cereal Bar String Cheese Raisins 100% Juice	Whole Grain Cherry Frudel or Assorted Cereal Bar Cinnamon Goldfish Cracker Fresh Fruit 100% Juice	Maple French Toast Bites or Assorted Cereal Bar String Cheese Fresh Fruit 100% Juice	Whole Grain Blueberry Muffin or Assorted Cereal Bar Cinnamon Goldfish Cracker Fresh Fruit 100% Juice	Strawberry Guava Danish or Assorted Cereal Bar String Cheese Fresh Fruit 100% Juice
12/5	12/6	12/7	12/8	12/9
Whole Grain Apple Frudel or Assorted Cereal Cinnamon Goldfish Cracker Craisins 100% Juice	Strawberry Toaster Pastry or Assorted Cereal String Cheese Fresh Fruit 100% Juice	Maple Mini Waffles or Assorted Cereal String Cheese Fresh Fruit 100% Juice	Sausage, Egg, and Cheese on Whole Grain English Muffin or Assorted Cereal Cinnamon Goldfish Cracker Fresh Fruit 100% Juice	Yogurt Cup or Assorted Cereal Graham Crackers Fresh Fruit 100% Juice

1% AND FAT FREE MILK OFFERED DAILY

PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES

Menu items are subject to change



**HOLYOKE PUBLIC SCHOOLS
SECONDARY BIC
NOVEMBER 2022**

