

Lummi Nation Schools - November 2016 Breakfast Menu

Mon	Tue	Wed	Thu	Fri
	<p>1 English Muffin w/ Egg, Ham & Cheese OR Cereal, Frosted Flakes Fresh Apples Fresh Oranges</p>	<p>2 Croissant w/ Egg & Sausage Bits OR Bagel w/Cream Cheese Fresh Oranges Fresh Apples</p>	<p>3 Pancakes, Shepard's Grain OR Breakfast Sandwich Smoothie, Strawberry/ Banana Fresh Grapes</p>	<p>4 Biscuits & Gravy OR Bagel w/Cream Cheese Fresh Apples Fresh Oranges</p>
<p>7 Croissant w/ Egg & Bacon OR French Toast Orange Slices Smoothie, Peach Mango</p>	<p>8 Croissant w/ Egg OR Cream of Wheat Whole Wheat Toast Fresh Oranges</p>	<p>9 Croissant w/ Egg & Sausage Bits OR Scrambled Eggs w/ Chorizo, Potatoes & Tortilla Smoothie, Strawberry/Banana, Fresh Apples Fresh Oranges</p>	<p>10 Croissant w/ Egg & Bacon OR Waffle Sticks & Bacon Smoothie, Peach Mango Frozen Strawberry Cup</p>	<p>11 NO SCHOOL HOLIDAY</p>
<p>14 Biscuit w/ Sausage OR Pancakes Applesauce Smoothie, Strawberry/Banana</p>	<p>15 Cereal, Frosted Flakes Pumpkin Muffins OR Bagel w/Cream Cheese Yogurt bar Frozen Blueberries, Unsweetened Frozen Strawberries Fresh Raspberries</p>	<p>16 Scrambled Eggs w/ Cheese Whole Wheat Toast Smoothie, Watermelon/Raspberry Smoothie, Peach Mango</p>	<p>17 French Toast OR English Muffin w/ Egg, Ham & Cheese Applesauce Fresh Oranges</p>	<p>18 Country Potato Bowl w/ Scrambled Eggs OR Whole Wheat Toast OR English Muffin w/ Egg, Ham & Cheese Applesauce Smoothie, Peach Mango</p>
<p>21 Biscuit w/ Sausage or Waffle Sticks Smoothie, Strawberry/ Banana, Frozen Sliced Strawberries, Sweetened</p>	<p>22 Hot Cereal, Oatmeal Toast & Boiled Egg Frozen Strawberries Fresh Raspberries Smoothie, Peach Mango Yogurt Bar</p>	<p>23 Country Potato Bowl w/ Scrambled Eggs Whole Wheat Toast OR Egg Salad Sandwich Fresh Apples Fresh Oranges</p>	<p>24 NO SCHOOL HOLIDAY</p>	<p>25 NO SCHOOL HOLIDAY</p>

Milk options: 1%, Lactose Free, Non-Fat

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<p>28 French Toast OR English Muffin w/ Egg, Ham & Cheese Smoothie, Peach Mango Fresh Pear</p>	<p>29 English Muffin w/ Egg, Ham & Cheese OR Whole Wheat Toast Cereal, Multigrain, Cinnamon Yogurt Bar Fresh Oranges Smoothie, Watermelon/Raspberry</p>	<p>30 Scrambled Eggs w/ Chorizo & Potatoes OR English Muffin w/ Egg, Ham & Cheese Smoothie, Strawberry/Banana Fresh Oranges</p>		

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	1 Taco Bowl Fresh Apples Fresh Pear	2 Pizza Cantaloupe Chunks Honeydew Chunks	3 Sloppy Joe on a Roll Potato Wedges Fresh Apples	4 Goulash Whole Kernel Corn Honeydew Chunks
7 Turkey Sandwich OR Pulled Pork Sandwich Baby Carrots Fresh Grapes w/ Stem	8 Clam Chowder Fresh Apples Cheese Toast	9 Pizza Broccoli Florets Watermelon Chunks	10 Hamburger Potato Wedges Fresh Oranges	11 <p style="text-align: center;">NO SCHOOL HOLIDAY</p>
14 Toasted Cheese Sandwich Tomato Soup Fresh Apples	15 Baked Salmon Baked Beans Cantaloupe Chunks Long Grain Rice	16 Pizza Broccoli Florets Watermelon Chunks	17 Turkey Roast Roll, Wheat Cut Green Beans Mashed Potatoes Fresh Grapes	18 Spaghetti & Meat Sauce Caesar Salad Apples
21 Beef Burrito Fresh Apples Spanish Rice	22 Baked Cod Fries Coleslaw Roll, Wheat Fresh Oranges	23 Pizza Broccoli Florets Watermelon Chunks	24 <p style="text-align: center;">NO SCHOOL HOLIDAY</p>	25 <p style="text-align: center;">NO SCHOOL HOLIDAY</p>

Salad bar available Monday-Thursday

Milk options: 1%, Lactose-free, Non-fat (non-fat chocolate on Fridays only)

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<p>28</p> <p>Sweet & Sour Chicken Oriental Salad Fresh Pineapple Parboiled Long Grain Rice</p>	<p>29</p> <p>Chili with Beans Romaine Iceberg Lettuce Fresh Pear Fry Bread</p>	<p>30</p> <p>Pizza Broccoli Florets Watermelon Chunks</p>		

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