

DuBois Catholic Breakfast Menu

Head Cook: Louise Vasbiner

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		Nov 1 Baked Cinnamon Roll Apple Sauce 100% Orange Juice Fat Free Milk	Nov 2 Benefit Breakfast Bar Pineapple Tidbits 100% Apple Juice Fat Free Milk	Nov 3 Cherry Frudel Fresh Apple 100% Orange Juice Fat Free Milk
Nov 6 Yogurt W/1 Toast Slice Fresh Apple 100% Orange Juice Fat Free Milk	Nov 7 Grab & Go Mini Pancakes Peach Cup 100% Apple Juice Fat Free Milk	Nov 8 Breakfast Pizza Apple Sauce 100% Orange Juice Fat Free Milk	Nov 9 Egg & Cheese Breakfast Taco Pineapple Tidbits 100% Apple Juice Fat Free Milk	Nov 10 Apple Frudel Fresh Apple 100% Orange Juice Fat Free Milk
Nov 13 Grab & Go Cinnamon Rush Mini French Toast Fresh Apple 100% Orange Juice Fat Free Milk	Nov 14 Breakfast Pizza Peach Cup 100 % Apple Juice Fat Free Milk	Nov 15 Baked Cinnamon Roll Apple Sauce 100% Orange Juice Fat Free Milk	Nov 16 Pancake/Sausage Wrap On A Stick Fresh Apple 100% Orange Juice Fat Free Milk	Nov 17 Benefit Breakfast Bar Pineapple Tidbits 100% Apple Juice Fat Free Milk
Nov 20 Yogurt W/1 Toast Slice Fresh Apple 100% Orange Juice Fat Free Milk	Nov 21 Grab & Go Mini Pancakes Peach Cup 100% Apple Juice Fat Free Milk	Nov 22 Whole Grain Donut Apple Sauce 100% Orange Juice Fat Free Milk	Nov 23 Egg & Cheese Breakfast Taco Pineapple Tidbits 100% Apple Juice Fat Free Milk	Nov 24 Apple Frudel Fresh Apple 100% Orange Juice Fat Free Milk
Nov 27 Grab & Go Cinnamon Rush Mini French Toast Fresh Apple 100% Orange Juice Fat Free Milk	Nov 28 Breakfast Pizza Peach Cup 100 % Apple Juice Fat Free Milk	Nov 29 Baked Cinnamon Roll Apple Sauce 100% Orange Juice Fat Free Milk	Nov 30 Benefit Breakfast Bar Pineapple Tidbits 100% Apple Juice Fat Free Milk	 <p>Whole Grains Available Daily</p>

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price. Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Offered Daily:

Choice Of Assorted Cereal With WG Toast Slice

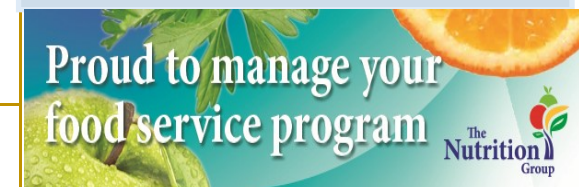


Whole Grain Pop-Tarts , Eggo Mini Pancakes



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White



Meal Prices:

Paid \$1.00

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MENUS SUBJECT TO CHANGE