

**NOVEMBER
2009**

CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT

Excellence in Nutrition = An Investment in the Future

**ELEMENTARY
GRAB & GO
BREAKFAST MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sausage & Cheese Kolache or Sausage Kolache Yogurt and Animal Crackers Juice Milk	3 Chicken Biscuit or Yogurt and Animal Crackers Juice Milk	4 Whole Wheat Cinnamon Roll or Yogurt and Animal Crackers Juice Milk	5 Ham & Cheese Croissant or Cheese Croissant or Yogurt and Animal Crackers Juice Milk	6 Breakfast Sausage Pizza or Yogurt and Animal Crackers Juice Milk
9 Sausage & Cheese Kolache or Sausage Kolache Yogurt and Animal Crackers Juice Milk	10 Chicken Biscuit or Yogurt and Animal Crackers Juice Milk	11 Whole Wheat Cinnamon Roll or Yogurt and Animal Crackers Juice Milk	12 Ham & Cheese Croissant or Cheese Croissant or Yogurt and Animal Crackers Juice Milk	13 Apple Bread Sticks or Yogurt and Animal Crackers Juice Milk
16 French Toast Boat/Sausage Link or Yogurt and Animal Crackers Juice Milk	17 Sausage & Cheese Kolache or Sausage Kolache or Yogurt and Animal Crackers Juice Milk	18 Whole Wheat Cinnamon Roll or Yogurt and Animal Crackers Juice Milk	19 Ham & Cheese Croissant or Cheese Croissant or Yogurt and Animal Crackers Juice Milk	20 Pancake & Sausage on Stick or Yogurt and Animal Crackers Juice Milk
23 Sausage & Cheese Kolache or Sausage Kolache Yogurt and Animal Crackers Juice Milk	24 Pancake & Chicken Sausage Sandwich or Yogurt and Animal Crackers Juice Milk	25 HOLIDAY	26 HOLIDAY	27 HOLIDAY
30 Mini Waffles or Yogurt and Animal Crackers Juice Milk		<p>"In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, 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."</p>		

"Menu is subject to change without notice due to price and availability of food."

