

# NOVEMBER 2018

UNITED JUNIOR HIGH  
2140 State Hwy 135, Monmouth, IL 61462  
Chris Schwarz Principal



## BREAKFAST MENU

### MONDAY

**Breakfast Cost**  
**\$1.25**

**Extra Milk**  
**.25cents**

### TUESDAY

**MILK CHOICE:**  
1% White

Fat Free Chocolate

**CEREAL CHOICES:**

1oz Cereals

1.6oz Cereal Bars

**1 Cup Fruit Choice with each Meal**

### WEDNESDAY

Tues 20<sup>th</sup> - 2pm Dismissal

**THANKSGIVING  
BREAK**

**WED 21<sup>ST</sup> - FRI 23<sup>RD</sup>**

### THURSDAY

### FRIDAY

Biscuit with Sausage Gravy **5**  
-OR-  
Cereal Choice with Cinna-Oat Bar  
Peaches / Apple  
100% Fruit Juice  
Milk

2 Granola Bar **6**  
-OR-  
Cereal Choice with Granola Bar  
Yogurt (optional)  
Apple / Pears  
100% Fruit Juice  
Milk

Apple Oatmeal Bar **7**  
-OR-  
Cereal Choice with Nutri-Grain Bar  
Mandarin Oranges / Orange  
100% Fruit Juice  
Milk

Pancakes **1**  
-OR-  
Cereal Choice with Granola bar  
Sausage Links  
Strawberries /Fruit Cocktail  
100% Fruit Juice  
Milk

2 Nutri-Grain Bar **2**  
-OR-  
Cereal Choice with Nutri-Grain Bar  
Apple / Applesauce  
100% Fruit Juice  
Milk

Breakfast Pizza **12**  
-OR-  
Cereal Choice with Cinna-Oat Bar  
Peaches / Frozen Grapes  
100% Fruit Juice  
Milk

2 Granola Bar **13**  
-OR-  
Cereal Choice with Granola Bar  
Mandarin Oranges / Apple  
100% Fruit Juice  
Milk

Honey Bun **14**  
-OR-  
Cereal Choice with  
Strawberry Oatmeal Bar  
Peaches / Orange  
100% Fruit Juice  
Milk

Long John **8**  
-OR-  
Cereal Choice with  
Strawberry Oatmeal Bar  
Strawberries /Fruit Cocktail  
100% Fruit Juice  
Milk

2 Pop-Tarts **9**  
-OR-  
Cereal Choice with Pop-Tart  
Pineapple / Banana  
100% Fruit Juice  
Milk

Breakfast Pizza **12**  
-OR-  
Cereal Choice with Cinna-Oat Bar  
Peaches / Frozen Grapes  
100% Fruit Juice  
Milk

2 Granola Bar **13**  
-OR-  
Cereal Choice with Granola Bar  
Mandarin Oranges / Apple  
100% Fruit Juice  
Milk

Honey Bun **14**  
-OR-  
Cereal Choice with  
Strawberry Oatmeal Bar  
Peaches / Orange  
100% Fruit Juice  
Milk

2 Churro-Apple **15**  
-OR-  
Cereal Choice with  
Cinnamon Oatmeal Bar  
Fruit Cocktail / Banana  
100% Fruit Juice  
Milk

2 Strawberry Oatmeal Bar **16**  
-OR-  
Cereal Choice with  
Strawberry Oatmeal Bar  
Pears / Apple  
100% Fruit Juice  
Milk

Biscuit with Sausage Patty **19**  
-OR-  
Cereal Choice with Cinna-Oat Bar  
Pineapple / Apple  
100% Fruit Juice  
Milk

2 Nutri-Grain Bar **20**  
-OR-  
Cereal Choice with Nutri-Grain Bar  
Applesauce / Orange  
100% Fruit Juice  
Milk

**NO  
School** **21**

**Happy  
Thanksgiving** **22**

**NO  
School** **23**

Breakfast Burrito **26**  
-OR-  
Cereal Choice with  
Cinnamon Oatmeal Bar  
Peaches / Frozen Grapes  
100% Fruit Juice  
Milk

2 Pop-Tarts **27**  
-OR-  
Cereal Choice with Pop-Tart  
Cinnamon Apples / Apple  
100% Fruit Juice  
Milk

Z Storm Bread **28**  
-OR-  
Cereal Choice with Granola Bar  
Pineapple / Orange  
100% Fruit Juice  
Milk

Pancake Wrap **29**  
-OR-  
Cereal Choice with  
Strawberry Oat Bar  
Banana / Pears  
100% Fruit Juice  
Milk

2 Nutri-Grain Bar **30**  
-OR-  
Cereal Choice with Nutri-Grain Bar  
Fruit Cocktail / Banana  
100% Fruit Juice  
Milk