



BREAKFAST \$1.20  
MILK \$0.40



# NOVEMBER 2007

## KEENEYVILLE SCHOOL DISTRICT 20

### BREAKFAST MENU

### MIDDLE SCHOOL



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Protein is an important part of our daily diet. It is vital to cell growth and development. Nutrition experts recommend that you should have 2-3 servings of protein every day.</p>			<p><b>1</b></p> <p>SUPER DONUT GRAHAM CRACKERS APPLE JUICE MILK</p>	<p><b>2</b></p>  <p>NO SCHOOL SLEEP IN</p>
<p><b>5</b></p> <p>HONEY NUT CHEERIOS ANIMAL CRACKERS GRAPE JUICE MILK</p>	<p><b>6</b></p> <p>STRING CHEESE SALTINES WHEAT CRACKERS CHILLED APPLESAUCE MILK</p>	<p><b>7</b></p> <p>FRUIT LOOPS CEREAL 1/2 BAGEL PINEAPPLE JUICE MILK</p>	<p><b>8</b></p> <p>FROSTED FLAKES WHEAT BREAD SLICE 1/2 BANANA MILK</p>	<p><b>9</b></p> <p>EGG &amp; CHEESE On an English Muffin GRAHAM CRACKERS APPLE CHERRY JUICE MILK</p>
<p><b>12</b> VETERAN'S DAY</p> <p>BAGEL w/Cream Cheese ELF GRAHAM CRACKERS PINEAPPLE JUICE MILK</p>	<p><b>13</b></p> <p>CHEERIOS WHEAT CRACKERS BANANA 1/2 MILK</p>	<p><b>14</b></p> <p>BLUEBERRY MUFFIN GRAHAM CRACKERS FRESH ORANGE SMILES MILK</p>	<p><b>15</b></p> <p>STRAWBERRY YOGURT CUP GRAHAM CRACKERS ORANGE JUICE MILK</p>	<p><b>16</b></p> <p>SAUSAGE PATTIE ON A BISCUIT GRAHAM CRACKERS PINEAPPLE JUICE MILK</p>
<p><b>19</b></p> <p>BRAN MUFFIN w/Margarine CHEDDAR GOLDFISH APPLE JUICE MILK</p>	<p><b>20</b></p> <p>HONEY NUT CHEERIOS WHEAT BREAD SLICE 1/2 BANANA MILK</p>	<p><b>21</b>  <b>23</b></p> <p>THANKSGIVING BREAK NO SCHOOL</p>		
<p><b>26</b></p> <p>ENGLISH MUFFIN w/Jelly GRAHAM CRACKERS CHILLED APPLE JUICE MILK</p>	<p><b>27</b></p> <p>CINNAMON TOAST CRUNCH CEREAL PRETZEL GOLDFISH PINEAPPLE JUICE MILK</p>	<p><b>28</b></p> <p>BAGEL w/cream cheese ANIMAL CRACKERS ORANGE JUICE MILK</p>	<p><b>29</b></p> <p>YOGURT CUP BREAD SLICE PINEAPPLE JUICE MILK</p>	<p><b>30</b></p> <p>EGG &amp; CHEESE On an English Muffin GRAHAM CRACKERS APPLE CHERRY JUICE MILK</p>

Milk served daily  
\*Product may contain pork

\*\*\* PLEASE NOTE \*\*\*  
MENU SUBJECT TO CHANGE (Notice will be given when possible)

Chilly mornings  
need the extra  
energy you get  
from a good  
breakfast! Start  
every day off the  
right way!



Questions about  
the menu?  
Call 630/458-2457

A comprehensive  
Nutrition Guide is  
available in the Food  
Service Office.