

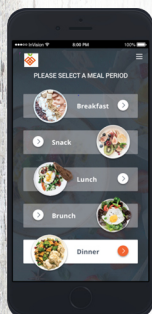


Welcome to our Breakfast Cafe

Hamden Middle School

November
2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 SCHOOL CLOSED TODAY	3 SCHOOL CLOSED TODAY	4 Grab & Go Cocoa Puffs 1% Milk Organic Applesauce Animal Crackers	5 Frosted Flakes Cereal Breakfast Kit 1% Milk Organic Applesauce Animal Crackers	6 Grab & Go Poptart Pack Fat Free Chocolate Milk Diced Pear Cup
9 Grab & Go Cocoa Puffs 1% Milk Sliced Peaches Animal Crackers	10 Cinnamon Toast Crunch Bar Breakfast Kit 1% Milk Fresh Orange	11 Grab & Go Chocolate Chip Muffin Pack ✓ Fat Free Chocolate Milk Fresh Orange	12 Grab & Go Cinnamon Toast Crunch 1% Milk Fresh Apple Animal Crackers	13 Grab & Go Blueberry Muffin Pack ✓ Fat Free Chocolate Milk Fresh Orange
16 Berry Krispies Bar, Graham Crackers & Juice 1% Milk Organic Applesauce	17 Apple Jacks Breakfast Kit 1% Milk Sliced Peaches Animal Crackers	18 Frosted Flakes Cereal Breakfast Kit 1% Milk Sliced Peaches Animal Crackers	19 Grab & Go Banana Muffin Pack ✓ Fat Free Chocolate Milk Fresh Orange	20 Grab & Go Poptart Pack Fat Free Chocolate Milk Sliced Peaches
23 Grab & Go Cocoa Puffs 1% Milk Organic Applesauce Animal Crackers	24 Grab & Go Chocolate Chip Muffin Pack ✓ Fat Free Chocolate Milk Fresh Apple	25 SCHOOL CLOSED TODAY	26 	27 SCHOOL CLOSED TODAY
30 Berry Krispies Bar, Graham Crackers & Juice 1% Milk Diced Pear Cup	<div> <h2>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</h2>  </div>			



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Breakfast Prices

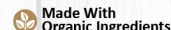
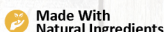
Regular: \$1.40

Reduced: \$0.30

Breakfast is served in the cafe between the hours of x:xx and x:xx

Available Daily

Choice of Milk: Low Fat Plain or Fat Free Chocolate Milk
Choice of Fruit: Apples, Oranges, Bananas, Applesauce, Peaches, Pears, Pineapple
Assorted Grab and Go Varieties of muffins and cereals as available



*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.