



# Zion SEDOL Breakfast

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
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				Powered Mini Donuts Fresh Pear 100% Apple Juice 1 % White or Skim Milk
4	5	6	7	8
Cereal Bowl Cinnamon Toast Crunch Bear Graham Fresh Pear 100% Orange Juice	Fruity Yogurt Graham Crackers Fresh Orange 100% Apple Juice 1 % White or Skim Milk	Breakfast Super Donut Applesauce Cup 100% Fruit Punch Juice 1 % White or Skim Milk	Cheese Stick Apple Bear Grahams Banana 100% Grape Juice 1 % White or Skim Milk	Banana Bread Fresh Orange 100% Apple Juice 1 % White or Skim Milk
11	12	13	14	15
Honey Bun Applesauce Cup 100% Orange Juice 1 % White or Skim Milk	Powered Mini Donuts Fresh Pear 100% Apple Juice 1 % White or Skim Milk	Cereal Bowl Cocoa Puffs Bear Graham Fresh Apple 100% Fruit Punch Juice 1 % White or Skim Milk	Strawberry Oatmeal Bar Raisins 100% Grape Juice 1 % White or Skim Milk	Apple Frudel Fresh Orange 100% Apple Juice 1 % White or Skim Milk
18	19	20	21	22
Cereal Bowl Trix Bear Graham Fresh Apple 100% Orange Juice	Banana Bread Fresh Orange 100% Apple Juice 1 % White or Skim Milk	Cinnamon Toast Crunch Cereal Bar Graham Bear Fresh Pear 100% Fruit Punch Juice 1 % White or Skim Milk	Chocolate Oatmeal Bar Raisins 100% Grape Juice 1 % White or Skim Milk	Pop Tarts & Graham Bears Banana 100% Grape Juice 1 % White or Skim Milk
25	26	27	28	29
Cinnamon Toast Crunch Cereal Bar Graham Bear Fresh Pear 100% Apple Juice 1 % White or Skim Milk	Cereal Bowl Cocoa Puffs Bear Graham Applesauce Cup 100% Apple Juice 1 % White or Skim Milk	No School	Thanksgiving Day No School	No School

Breakfast (Milk included with meal)	Milk \$0.40
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Questions about the menu?  
Itzel Garcia  
IGarcia@zion6.org  
847-379-0236

For more information or to "Ask the Dietitian", check out our website!




Comprehensive nutrition & allergy guides are available in the Foodservice Office.

(\*) Contains Pork  
Menu changes are occasionally necessary. Notice will be given when possible.