



# Rise & Shine With Nutri-Serve!

# BREAKFAST MENU

## November Breakfast Menu

PREK-K  
Fairfield Twp.  
School District

We use the healthier whole grain versions of your breakfast favorites!

Breakfast Includes: Milk & Fruit

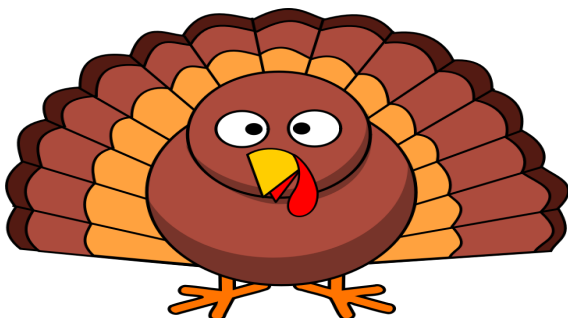


### Did you know?!?

Eating within two hours of waking up jumpstarts your metabolism ~ the rate at which your body burns calories!



	Tuesday-November 1	Wednesday-November 2	Thursday-November 3	Friday-November 4
	<b>Pop Tart</b> w/ Cheese Stick <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Crunch Mania</b> French Toast Graham <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice
<b>Monday-November 7</b>	<b>Nov 8 Early Dismissal</b>	<b>Wednesday-November 9</b>	<b>Thursday-November 10</b>	<b>Friday-November 11</b>
<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Pop Tart</b> w/ Cheese Stick <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>NJEA</b> Teacher Convention <b>NO SCHOOL</b>	<b>NJEA</b> Teacher Convention <b>NO SCHOOL</b>
<b>Monday-November 14</b>	<b>Nov 15 Early Dismissal</b>	<b>Nov 16 Early Dismissal</b>	<b>Nov 17 Early Dismissal</b>	<b>Friday-November 18</b>
<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Pop Tart</b> w/ Cheese Stick <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers Graham <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Crunch Mania</b> French Toast Graham <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice
<b>Monday-November 21</b>	<b>Tuesday-November 22</b>	<b>Wednesday-November 23</b>	<b>Thursday-November 24</b>	<b>Friday-November 25</b>
<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Pop Tart</b> w/ Cheese Stick <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Happy Thanksgiving</b> <b>NO SCHOOL</b>	<b>NO SCHOOL</b>
<b>Monday-November 28</b>	<b>Tuesday-November 29</b>	<b>Wednesday-November 30</b>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>Breakfast Served to all Students at No Cost</b></p> <p>Food Service Director: Pat Pangborne</p> <p>FAR@nsfm.com ~ Phone: 856-453-1882 X2113</p> <p><small>*Menu subject to change</small></p> </div>	
<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Pop Tart</b> w/ Cheese Stick <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> <i>Fruit: Fresh/Cupped/Juice</i> Milk Choice		



This institution is an equal opportunity provider.