

November 2017

West Boca Raton High Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<ul style="list-style-type: none"> Cheese Omelet (1g) with Croissant Roll (15g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Honey Wheat Donut (38g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Mini Sausage Pancake Wraps (20g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Cinnamon Roll (43g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Double Stuffed Breakfast Cheese Pizza (28g) and Double Stuffed Breakfast Pepperoni Pizza (27g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Honey Wheat Donut (38g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g)
6	7	8	9	10
<ul style="list-style-type: none"> Waffles Mini-Blueberry (37g) Assorted Cereals (23g) with Nutrigrain Bar (24g) Honey Wheat Donut (38g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Ham & Cheese on Hawaiian Bun (27g) Assorted Cereals (23g) with Nutrigrain Bar (24g) Blueberry Bread (47g) or Banana Bread (47g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Pancake Sausage Wrap (19g) Assorted Cereals (23g) with Nutrigrain Bar (24g) Honey Wheat Donut (38g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Cheese Omelet (1g) with Croissant Roll (15g) Assorted Cereals (23g) with Nutrigrain Bar (24g) Blueberry Bread (47g) or Banana Bread (47g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Chicken Sausage Pancake Sandwich (14g) Assorted Cereals (23g) with Nutrigrain Bar (24g) Honey Wheat Donut (38g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g)
13	14	15	16	17
<ul style="list-style-type: none"> Cinnamon French Toast (26g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Honey Wheat Donut (38g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Breakfast Burrito (16g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Cinnamon Breakfast Bun (34g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Cheese Omelet (1g) with Croissant Roll (15g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Honey Wheat Donut (38g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Mini Sausage Pancake Wraps (20g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Cinnamon Breakfast Bun (34g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Double Stuffed Breakfast Cheese Pizza (28g) and Double Stuffed Breakfast Pepperoni Pizza (27g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Honey Wheat Donut (38g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g)
20	21	22	23	24
No School - Thanksgiving Holiday	No School - Thanksgiving Holiday	No School - Thanksgiving Holiday	No School - Thanksgiving Holiday	No School - Thanksgiving Holiday
27	28	29	30	
<ul style="list-style-type: none"> Cinnamon French Toast (26g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Honey Wheat Donut (38g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Sausage Biscuit (29g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Cinnamon Roll (43g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Cheese Omelet (1g) with Croissant Roll (15g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Honey Wheat Donut (38g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	<ul style="list-style-type: none"> Mini Sausage Pancake Wraps (20g) Assorted Cereals (23g) with Assorted Mini Loaves (27g) Cinnamon Roll (43g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	

Breakfast Items Served Daily :Assorted Fresh Fruit (15g) , Assorted Fruit Cups (19g) , Assorted Canned Fruit (18g) , 100% Fruit Juice (6 oz) (21g) , Fat Free Chocolate Milk (22g) , Fat Free Milk Unflavored (12g) , 1% Milk Unflavored (12g)

More Details: <http://palmbeachschools.nutrislice.com/menu/west-boca-raton-high/breakfast/>

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Menu is subject to change

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