

Breakfast / Spry Middle School

NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	2 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	3 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	4 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice
7 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	8 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	9 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	10 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	11 NO SCHOOL - Veterans Day
14 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	15 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	16 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	17 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	18 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice
21 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	22 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	23 NO SCHOOL - Thanksgiving Recess	24 NO SCHOOL - Thanksgiving Recess	25 NO SCHOOL - Thanksgiving Recess
28 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	29 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice	30 MEAT BREAKFAST SANDWICH PLAIN BREAKFAST SANDWICH PLAIN BAGEL MUFFIN VARIETY POPTART CEREAL VARIETY SUPER SLICE BANANA SUPER SLICE PUMPKIN YOGURT Fresh Fruit 100% Fruit Juice		

Daily Milk Options WHITE MILK FAT FREE - WHITE MILK 1% - CHOCOLATE MILK FAT FREE
Price Information Breakfast(\$2.00), Lunch(\$3.00), Milk Only(\$0.65)
View more: <http://schools.mealviewer.com/school/SpryMiddleSchool>
 This Institution is an Equal Opportunity Provider