






K-8 Breakfast NOVEMBER 2020

Cleveland Metropolitan School District

Monday	Tuesday	Wednesday	Thursday	Friday
2 -Manager's Choice Entrée (1) -Fruit Juice -Fresh Fruit -Milk	3 -Honey Bun (1) -Fruit Juice -Fresh Fruit -Milk Election Day  No School for Students*	4 Pick-up on Tuesday -Cereal Bar (1) -Fruit Juice -Fresh Fruit -Milk	5 -Chocolate Donuts (1) -Fruit Juice -Fresh Fruit -Milk	6 -Nutrigrain Bar (1) -Fruit Juice -Fresh Fruit -Milk
9 -Cereal Bowl (1) -Fruit Juice -Fresh Fruit -Milk	10 -Powdered Donuts (1) -Fruit Juice -Fresh Fruit -Milk	11 Pick-up on Tuesday -Goldfish Grahams (1) -Fruit Juice -Fresh Fruit -Milk Veteran's Day  All Facilities Closed	12 -Chocolate Bread (1) -Fruit Juice -Fresh Fruit -Milk	13 -Poptart (1) -Fruit Juice -Fresh Fruit -Milk
16 -Manager's Choice Entrée (1) -Fruit Juice -Fresh Fruit -Milk	17 -Honey Bun (1) -Fruit Juice -Fresh Fruit -Milk Take a Hike Day 	18 Pick-up on Tuesday -Cereal Bar (1) -Fruit Juice -Fresh Fruit -Milk	19 -Chocolate Donuts (1) -Fruit Juice -Fresh Fruit -Milk	20 -Nutrigrain Bar (1) -Fruit Juice -Fresh Fruit -Milk
23 -Cereal Bowl (1) -Fruit Juice -Fresh Fruit -Milk	24 -Powdered Donuts (1) -Fruit Juice -Fresh Fruit -Milk	25 Pick-up on Tuesday -Goldfish Grahams (1) -Fruit Juice -Fresh Fruit -Milk Thanksgiving Break  No School for Students*	26 Pick-up on Tuesday -Chocolate Bread (1) -Fruit Juice -Fresh Fruit -Milk Thanksgiving Break  All Facilities Closed*	27 Pick-up on Tuesday -Poptart (1) -Fruit Juice -Fresh Fruit -Milk Thanksgiving Break  All Facilities Closed*
30 -Manager's Choice Entrée (1) -Fruit Juice -Fresh Fruit -Milk Happy Birthday Shirley Chisholm 	***Students are able to pick up meals on Election Day from all schools.***	***Students should pick up meals for Thanksgiving Break on Tuesday November 24th***		

PLEASE NOTE:
 Schools are closed for cleaning on Wednesdays. Students will receive Wednesday's meals on Tuesday.

Breakfast Meal Pattern
 1 serving grains
 ½ cup juice
 ½ cup fruit
 1 cup milk

Fruit Juice
 Apple, Grape, Orange
Fresh Fruit
 Apple, Banana, Other Seasonal Fruits
Milk Choices
 Fat-Free Chocolate
 Fat-Free Strawberry
 1% White

Birthday Buzz: Shirley Chisholm
 Shirley Chisholm was the first black female to be elected to the US Congress and the first black major-party candidate to run for President. She served 7 terms before she retired from office and helped create the Congressional Black Caucus.