



# East Moriches Middle School

## November 2017

		1 WG Pancakes w/Syrup Fruit Choice Milk Choice	2 Assorted Whole Grain Muffins Fruit Choice Milk Choice	3 Scrambled Egg W/ Cheese on a WG Wrap Fruit Choice Milk Choice
6 Whole Grain Donut Holes Fruit Choice Milk Choice	7 <b>PARENT / TEACHER CONFERENCES</b>	8 WG Pancakes w/Syrup Fruit Choice Milk Choice	9 Assorted Whole Grain Muffins Fruit Choice Milk Choice	10 <b>VETERAN'S DAY</b>
13 Whole Grain Donut Holes Fruit Choice Milk Choice	14 Oatmeal with Cinnamon Sugar Fruit Choice Milk Choice	15 WG Pancakes w/Syrup Fruit Choice Milk Choice	16 Assorted Whole Grain Muffins Fruit Choice Milk Choice	17 Scrambled Egg W/ Cheese on a WG Wrap Fruit Choice Milk Choice
20 Whole Grain Donut Holes Fruit Choice Milk Choice	21 Oatmeal with Cinnamon Sugar Fruit Choice Milk Choice	22 WG Pancakes w/ Syrup Fruit Choice Milk Choice	23 <b>THANKSGIVING RECESS</b>	24
27 Whole Grain Donut Holes Fruit Choice Milk Choice	28 Oatmeal with Cinnamon Sugar Fruit Choice Milk Choice	29 WG Pancakes w/Syrup Fruit Choice Milk Choice	30 Assorted Whole Grain Muffins Fruit Choice Milk Choice	<b>Meal Price:</b> \$1.50 <b>Reduced Eligible:</b> \$0.25

### **DON'T FORGET!!**

***If your student qualifies for FREE or REDUCED lunch, they also receive breakfast at the same rate!***

***Breakfast is the most important meal of the day!  
Don't miss it!***

**Items with a (P) may contain pork.**

### **\*\*Available Daily:**

Bagel with Butter or Cream Cheese, Muffins and Cinnamon Rolls, Cereal, Yogurt Parfait Cup

Apples, Oranges, Fruit Cups, Orange Juice, Apple Juice, Fruit Punch

Cheerios, Frosted Flakes, Cinnamon Toast Crunch

1% White Milk, Fat-Free White Milk, Fat-Free Chocolate Milk

Bread Basket Offered Daily!