



BREAKFAST

NOVEMBER 2023

Brownsville Area Elementary School

Fuel up at Breakfast!

- Choose at least 3 items (4 for maximum fuel)
- Take ½ cup fruit and / or 100% Fruit Juice (or both)

Monday

Tuesday

Wednesday

Thursday

Friday

Blueberry Snack 'N Waffle **6**
Mandarin Orange Cup
Apple Juice Box
FF Chocolate Milk or
1% White Milk

Hadley Farms Raspberry **7**
Crème Bar
Applesauce
Fruit Punch Juice Box
FF Chocolate Milk or
1% White Milk

Trix Cereal **1**
Fresh Sliced Apples
Orange Tangerine Juice Box
FF Chocolate Milk
1% White Milk

Dunkin' Stick **2**
Orange Wedges
Apple Juice Box
FF Chocolate Milk
1% White Milk

Super Bakery Cinnamon Roll **8**
Watermelon Craisins
Very Berry Juice Box
FF Chocolate Milk
1% White Milk

Goody Ring **13**
Cherry Mixed Fruit Cup
Apple Juice Box
FF Chocolate Milk or
1% White Milk

Eggo Mini Maple Waffles **14**
Strawberry Applesauce
Fruit Punch Juice Box
FF Chocolate Milk
1% White Milk

Pancake Sausage Flapstick **5**
Fresh Sliced Apples
Orange Tangerine Juice Box
FF Chocolate Milk or
1% White Milk

Banana Bread **9**
Orange Wedges
Apple Juice Box
FF Chocolate Milk or
1% White Milk

No School **10**

Lucky Charms Cereal Bar **20**
Peach Cup
Apple Juice Box
FF Chocolate Milk
1% White Milk

Strawberry Mini Bagels **21**
Blue Raspberry Applesauce
Fruit Punch Juice Box
FF Chocolate Milk
1% White Milk

No School **22**

No School **23**

No School **24**

No School **27**

Pwdr Sugar Mini Donuts **28**
Mixed Berry Applesauce
Fruit Punch Juice Box
FF Chocolate Milk
1% White Milk

Apple Turnover **29**
Fresh Sliced Apples
Orange Tangerine Juice Box
FF Chocolate Milk
1% White Milk

Chocolate Pop Tarts **30**
Orange Wedges
Apple Juice Box
FF Chocolate Milk
1% White Milk



BASD participates in the "National School Breakfast Program." All students receive a complimentary breakfast meal each school day. Per USDA School Breakfast Program Regulations, a complete breakfast offering includes: (2) one oz. equivalents of grain, 80% of which is "whole grain rich" **OR** (1) one oz. equivalent serving grains and (1) one oz. meat/meat alternate and (2) ½ cup portions of fruit (may be fresh, canned, dried or 100% juice) or vegetable, and (1) ½ pint of 1% or FF milk. Daily milk choice includes FF Chocolate or 1% White. *If all components of a complete breakfast are not selected, ala cart prices are in effect, as required by USDA.

BASD is an equal opportunity employer and provider.