

THE MARKET MENU

November 2023

Ross Park Breakfast

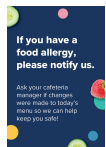
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

1

- Breakfast
- Whole Grain Blueberry Muffin
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

2

- Breakfast
- Mini Confetti Pancakes
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

3

- Breakfast
- Cinnamon Ultimate Breakfast Round
 - Bunny Graham Friends
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

6

- Breakfast
- Golden Grahams
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

7

- Breakfast
- Stuffed Cinnamon Pretzel
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

8

- Breakfast
- Whole Grain Blueberry Muffin
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

9

- Breakfast
- Mini Confetti Pancakes
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

10

- Breakfast
- Cinnamon Ultimate Breakfast Round
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

13

- Breakfast
- Apple Jacks
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

14

- Breakfast
- Cinnamon Cream Cheese Stuffed Bagel
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

15

- Breakfast
- Whole Grain Blueberry Muffin
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

16

- Breakfast
- Mini Maple Madness Waffles
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

17

- Breakfast
- Lucky Charms
 - Bunny Graham Friends
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

20

- Breakfast
- Apple Jacks
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

21

- Breakfast
- Stuffed Cinnamon Pretzel
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

22

Thanksgiving Break-No Lunch

23

Thanksgiving Break-No Lunch

24

Thanksgiving Break-No Lunch

27

- Breakfast
- Apple Jacks
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

28

- Breakfast
- Stuffed Cinnamon Pretzel
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

29

- Breakfast
- Whole Grain Blueberry Muffin
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

30

- Breakfast
- Mini Confetti Pancakes
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.