



# RSU 23 Remote Learners November Breakfast Menu



2 Blueberry Breakfast Bar Fruit or 100% Fruit Juice	3 French Toast Sticks Fruit or 100% Fruit Juice	4 PICK UP @ LMS 9:15- 10 Apple Cinnamon Muffins Fruit or 100% Fruit Juice	5 Egg & Cheese Breakfast Sandwich Fruit or 100% Fruit Juice	6 Mini Maple Pancakes Fruit or 100% Fruit Juice
9 Mini Cinnis Fruit or 100% Fruit Juice	10 Nutrigrain Bar Danimals Yogurt Fruit or 100% Fruit Juice	11 	12 Bagel & Cream Cheese Fruit or 100% Fruit Juice	13 Blueberry Muffin Fruit or 100% Fruit Juice
16 UBR Bar Fruit or 100% Fruit Juice	17 Corn Muffins Fruit or 100% Fruit Juice	18 PICK UP @ LMS 9:15-10 Banana Bread Fruit or 100% Fruit Juice	19 Assorted Cereal Danimals Yogurt Fruit or 100% Fruit Juice	20 Whole Grain Blueberry Muffin Tops String Cheese Fruit or 100% Fruit Juice
23 Apple Cinnamon Muffins Fruit or 100% Fruit Juice	24 French Toast Sticks Fruit or 100% Fruit Juice	25 No School	26 	27 No School
30 Mini Cinnis Fruit or 100% Fruit Juice	<div style="border: 2px solid black; padding: 5px; display: inline-block;">All breakfasts are served with 1% Oakhurst Milk</div>			Like us on Facebook at RSU 23 Food & Nutrition Services for menu updates and more!

## MEALS ARE FREE ALL YEAR FOR ALL STUDENTS!