



# NOVEMBER | 2018

## Chilton High School Nutrition Break

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 PB&J, Fruit, Juice Cup, Milk	2 Cherry Frudel, Fruit, Juice Cup, Milk
5 Coco Bread, Fruit, Juice Cup, Milk	6 Yogurt Parfait, Fruit, Juice Cup, Milk	7 Sausage & Cheese Croissant, Fruit, Juice Cup, Milk	8 Breakfast Pizza, Fruit, Juice Cup, Milk	9 Mini Bagels, Fruit, Juice Cup, Milk
12 Breakfast Bites, Fruit, Juice Cup, Milk	13 Mini Maple burst Pancakes, Fruit, Juice Cup, Milk	14 Ham & Cheese Croissant, Fruit, Juice Cup, Milk	15 Cinnamon Roll, Fruit, Juice Cup, Milk	16 French Toast Sticks, Fruit, Juice Cup, Milk
19 Apple Stuffed Breadstick, Fruit, Juice Cup, Milk	20 Soft Pretzel, Fruit, Juice Cup, Milk	21 No School	22 No School	23 No School
26 Ultimate Breakfast Round- Cinnamon, Fruit, Juice Cup, Milk	27 Stickler, Fruit, Juice Cup, Milk	28 Ham & Cheese Croissant, Fruit, Juice Cup, Milk	29 Banana Bread, Fruit, Juice Cup, Milk	30 Apple Frudel, Fruit, Juice Cup, Milk

### **News** School District of Chilton

#### **LUNCH PRICES**

9-12	\$2.75
Reduced	\$0.40
Staff or Adult	\$3.60
<b>Double Entrée on the SAME BAR \$1.80</b>	

**Students must select 3 of the 5 Food Groups.**

***(Protein, Grains, Fruit, Vegetables, Milk)***

**One must be either 1/2 cup of FRUIT OR VEGETABLES or A COMBINATION OF THE 2, equaling 1/2 cup to MAKE A MEAL**

**\*\*\*SERVED DAILY\*\*\***

**3 Varieties of Milk, Salad Buffet with Fruits & Veggies**

**Menus are subject to Change**

**This institution is an equal opportunity provider**