

What's on the Menu?

Segue Institute for Learning Breakfast Menu – November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> 	<p>4</p> <p>Bagel with Cream Cheese Craisins</p> <p>1% White or Fat Free Chocolate Milk</p>	<p>5</p> <p>Cinnamon Chex Cereal Craisins</p> <p>1% White or Fat Free Chocolate Milk</p>	<p>6</p> <p>Cinnamon Toast Crunch Cereal Bar</p> <p>100% Fruit Juice</p> <p>1% White or Fat Free Chocolate Milk</p>
<p>9</p> 	<p>10</p> <p>Multigrain Frosted Flakes</p> <p>Pineapple Tidbits</p> <p>1% White or Fat Free Chocolate Milk</p>	<p>11</p> 	<p>12</p> <p>Apple Cinnamon Muffin</p> <p>Applesauce</p> <p>1% White or Fat Free Chocolate Milk</p>	<p>13</p> <p>Cheerios</p> <p>100% Assorted Fruit Juice</p> <p>1% White or Fat Free Chocolate Milk</p>
<p>16</p> 	<p>17</p> <p>Cinnamon Toast Crunch Cereal</p> <p>Chilled Peaches</p> <p>1% White or Fat Free Chocolate Milk</p>	<p>18</p> <p>Apple Cinnamon Muffin</p> <p>100% Fruit Juice</p> <p>1% White or Fat Free Chocolate Milk</p>	<p>19</p> <p>Blueberry Nutrigrain Bar</p> <p>Chilled Pears</p> <p>1% White or Fat Free Chocolate Milk</p>	<p>20</p> <p>Apple Cinnamon Cheerios</p> <p>100% Fruit Juice</p> <p>1% White or Fat Free Chocolate Milk</p>
<p>23</p> 	<p>24</p> <p>Frosted Strawberry Pop Tart</p> <p>Yogurt</p> <p>Pineapple Tidbits</p> <p>1% White or Fat Free Chocolate Milk</p>	<p>25</p> <p>No School</p>	<p>26</p> 	<p>27</p> <p>No School</p>
<p>30</p> 			<ul style="list-style-type: none"> Menu subject to change without notice. Notify server of any food allergies 	<p>Questions: Contact Director of Dining Services at Ryan.Hurley@compass-usa.com</p>