



**November 2018  
Breakfast Menu  
Essex Community School**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>All Meals Served with Milk: White: 1% &amp; Skim Chocolate: Fat Free</b>	<b>Menu Subject to Change Without Notice</b>				
				<b>1 NO SCHOOL</b>	<b>2 NO SCHOOL</b>	<b>3</b>
<b>4</b>	<b>5</b> Cereal Bar String Cheese Fruit Juice	<b>6</b> Pancake Sausage Links Fruit Juice	<b>7</b> Muffin String Cheese Fruit Juice	<b>8</b> Mini Bagel Yogurt Fruit Juice	<b>9</b> Cereal Muffin Fruit Juice	<b>10</b>
<b>11</b>	<b>12</b> Cereal Pop-tart Fruit Juice	<b>13</b> Breakfast Pizza Fruit Juice	<b>14</b> Egg, Cheese, Ham on English Muffin Fruit Juice Honor Roll Breakfast 7:30	<b>15</b> Muffin String Cheese Fruit Juice	<b>16</b> Pancakes Sausage Fruit Juice	<b>17</b>
<b>18</b>	<b>19</b> Cereal Muffin Fruit Juice	<b>20</b> Mini Waffles Sausage Biscuit Fruit Juice	<b>21</b> Pop-tart String Cheese Fruit Juice	<b>22</b> <b>Thanksgiving</b>	<b>23</b> <b>NO SCHOOL</b>	<b>24</b>
<b>25</b>	<b>26</b> Cereal String Cheese Fruit Juice	<b>27</b> Cheese Omelet Toast Juice	<b>28</b> Mini Bagels Yogurt Fruit Juice	<b>29</b> Muffin Cereal Fruit Juice	<b>30</b> Egg Patty Biscuit Fruit Juice	

This institution is an equal opportunity provider

