



OCT/NOV
2020



CRESTWOOD SCHOOL DISTRICT
HYBRID BREAKFAST MENU* ALL SCHOOLS

Exciting News:

Breakfast & Lunch is FREE!!!

Due to the COVID 19 crisis, the National School Lunch & Breakfast Programs are providing FREE meals during the 2020-21 school year. In order to qualify students must take a complete meal.

What is a Breakfast Meal?

You must choose at least 3 of the 4 components available for the FREE school breakfast .

- Choice of: Grain or grain/protein
- Choice of fruit or vegetable (must take at least a 1/2 cup) and
- Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

NOTE: You must take at least 1/2 cup of fruit or vegetable.

100% Fruit Juice is considered 1/2 cup of fruit.



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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>26 Pop Tart w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>27 Chocolate Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>28 Cereal Bar or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>29 Cinnamon Roll or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>30 Banana Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>2 Cereal Bar or Assorted Cereal with Toast & Jelly</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>3 Cinnamon Roll or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>4 Apple Cinnamon Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>5 Pop Tart w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>6 Blueberry Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>9 Pop Tart w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>10 Chocolate Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>11 NO SCHOOL Veteran's Day</p>	<p>12 Cinnamon Roll or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>13 Banana Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>16 Cereal Bar or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>17 Cinnamon Roll or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>18 Apple Cinnamon Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>19 Pop Tart w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>20 Blueberry Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>23 Pop Tart w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>24 Chocolate Muffin w/ Jungle Crackers or Assorted Cereal w/ Jungle Crackers</p> <p>Assorted 100% Fruit Juice, Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>25 NO SCHOOL Act 80 Day</p>	<p>26 NO SCHOOL Happy Thanksgiving</p>	<p>27 NO SCHOOL Thanksgiving Break</p>