

| Menu Name : Twin Cities International Breakfast Menu   |  |  |  |  |          |
|--|--|--|--|--|----------|
| Grade Level / Age Group : K-8 Grades   |  |  |  |  |          |
| Meal Pattern : NSLP  |  |  |  |  |          |
| Meal: Breakfast  |  |  |  |  |          |
| November - 2023  |  |  |  |  |          |
| Breakfast  | <b>Wednesday, November 1, 2023</b><br><b>Strawberry Hand Pie (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)  |  |  |  | Week VI  |
|  | <b>Thursday, November 2, 2023</b><br><i>* Student Favorite*</i><br><b>Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)<br><br><i>Chef's Choice may be offered</i> |  |  |  |          |
| <b>Friday, November 3, 2023</b><br><b>Breaded Chicken Patty Sandwich (2 Items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)  |  |  |  |  |          |
| <b>Murgh Kebab served with Dill/ Pine Nut Rice</b><br>- Steve Michalski<br>Recipe is in Page 2   |  |  |  |  |          |
| Breakfast  | <b>Monday, November 6, 2023</b><br><b>WG Banana Chocolate Chip Oatmeal Breakfast Round (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)  |  |  |  | Week I   |
|  | <b>Tuesday, November 7, 2023</b><br><b>"New" Confetti Snackbread (2 Items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)  |  |  |  |          |
| <b>Wednesday, November 8, 2023</b><br><b>Low Sugar Whole Grain Cake Donut (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)<br><br><i>Chef's Choice may be offered</i>                                      |  |  |  |  |          |
| <b>Thursday, November 9, 2023</b><br><b>Favorite Mini Cinnis (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)  |  |  |  |  |          |
| <b>Friday, November 10, 2023</b><br><b>Best Ever French Toast Stick Pack (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)  |  |  |  |  |          |
| Breakfast  | <b>Monday, November 13, 2023</b><br><b>Assorted Big Bowl Cereal (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)   |  |  |  | Week II  |
|  | <b>Tuesday, November 14, 2023</b><br><b>Orange Dream Muffin (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)   |  |  |  |          |
| <b>Wednesday, November 15, 2023</b><br><b>Sliced Raisin Bagel &amp; Cream Cheese (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)<br><br><i>Chef's Choice may be offered</i>                               |  |  |  |  |          |
| <b>Thursday, November 16, 2023</b><br><b>WG Cinnamon Swirl (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)  |  |  |  |  |          |
| <b>Friday, November 17, 2023</b><br><b>Maple Waffle Breaded Chicken Breakfast Sandwich (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)  |  |  |  |  |          |
| Breakfast  | <b>Monday, November 20, 2023</b><br><b>Big Bowl Trix Cereal (2 Items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)   |  |  |  | Week III |
|  | <b>Tuesday, November 21, 2023</b><br><b>WG Chocolate Chip Muffin (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)  |  |  |  |          |
| <b>Wednesday, November 22, 2023</b><br><b>Apple Frudel (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)<br><br><i>Chef's Choice may be offered</i>   |  |  |  |  |          |
| <b>Thursday, November 23, 2023</b><br><b>Banana Breakfast Bread (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)   |  |  |  |  |          |
| <b>Friday, November 24, 2023</b><br><b>Country Breakfast Calzone (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)  |  |  |  |  |          |
| Breakfast  | <b>Monday, November 27, 2023</b><br><b>Assorted Big Bowl Cereal (2 Items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)   |  |  |  | Week IV  |
|  | <b>Tuesday, November 28, 2023</b><br><b>Banana Muffin (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)   |  |  |  |          |
| <b>Wednesday, November 29, 2023</b><br><i>* Student Favorite*</i><br><b>Low Sugar Whole Grain Apple Fitter Bun (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)<br><br><i>Chef's Choice may be offered</i> |  |  |  |  |          |
| <b>Thursday, November 30, 2023</b><br><b>Delicious Mini Pancake Bites (2 items)</b><br><br>100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)   |  |  |  |  |          |

\*\*\* Three items meet USDA Requirements (One item must be fruit) \*\*\*