

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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## DID YOU KNOW?

SFUSD and Revolution Foods are transitioning to using **cage-free eggs!**\* Starting in October, all hard-boiled eggs are now cage-free. We will continue to expand our use of cage-free eggs this school year.

**Breakfast:** fresh fruit served daily. All items VG.

We'd love to hear from you! Email SFUSD Student Nutrition Services at [schoollunch@sfusd.edu](mailto:schoollunch@sfusd.edu) with any questions, comments or concerns about the meal program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 • Plain Bagel w/Cream Cheese • Autumn spice Muffin	2 • Yogurt/Granola • Cinnamon Grahams/Cinnamon Rumbles (9-12)
5 • Cinnamon Chex Cereal/Zac Attack Apple Bar (DF) • Dipperdoodle Bar (DF)	6 • Cheesy Bagel Sandwich • Blueberry Muffin	7 • <b>*NEW*</b> Mini French Toast Muffin/String Cheese • Zac Omega Strawberry Bar (DF)	8 • Plain Bagel w/Cream cheese • Yogurt/Educational Snacks	9 • Breakfast Cinnamon Crumble • Cheerios Cereal/Mini Dipperdoodle Bar (DF)
12 • HOLIDAY	13 • <b>*NEW*</b> Apple Crisp Granola Cereal (VG) (DF) • String Cheese/Cinnamon Grahams	14 • <b>*NEW*</b> Mini Bagels w/Grape Jam & HardBoiled Egg* (VG) • Apple Muffin	15 • Autumn Spice Muffin • Yogurt/Cinnamon Grahams	16 • Blueberry Bagel w/Cream Cheese • Dipperdoodle Bar (DF)
19	20	21	HAPPY THANKSGIVING! 22	23
26 • Shelf Stable: Cinnamon Chex Cereal/ Honey Grahams	27 • Plain Bagel w/ Cream Cheese • Breakfast Cinnamon Crumble	28 • <b>*NEW*</b> Mini French Toast Muffin w/String Cheese • Zac Omega Strawberry Bar (DF)	29 • <b>*NEW*</b> Cinnamon Vanilla Crunch Cereal (VG) (DF) • Dipperdoodle Bar (DF)	30 • Blueberry Bagel w/Cream Cheese • Yogurt/Granola

This institution is an equal opportunity provider.

**NOVEMBER**  
**Breakfast after the Bell (UBK)**