<table>
<thead>
<tr>
<th>Days</th>
<th>Breakfast Choices</th>
</tr>
</thead>
</table>
| **Tuesday, November 1** | Toast & Cereal Choice or Breakfast Sandwich  
|               | Raisins  
|               | Fruit & Yogurt  
|               | Graham Crackers  
|               | Milk & Juice |
| **Wednesday, November 2** | Toast & Cereal Choice or Cinnamon Roll  
|               | Raisins  
|               | Fruit & Yogurt  
|               | Graham Crackers  
|               | Milk & Juice |
| **Thursday, November 3** | Toast & Cereal Choice or Pancakes & Sausage w/Syrup  
|               | Raisins  
|               | Fruit & Yogurt  
|               | Graham Crackers  
|               | Milk & Juice |
| **Friday, November 4** | Toast & Cereal Choice or Mini Blueberry Waffle  
|               | Raisins  
|               | Fruit & Yogurt  
|               | Graham Crackers  
|               | Milk & Juice |

**Breakfast menus**

This institution is an equal opportunity provider.

Menus are subject to change.

Supply and demand. And cost.

We’re trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we’re facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. Plus our food costs are sky-high, as you probably understand from your own trips to the grocery store. We thank our parents and kids in advance for your on-going understanding of this situation!
**Breakfast & Lunch Prices:**

**Breakfast:**
- Grades K-4 — $2.00
- Grades 5-7 — $2.25
- Grades 8-12 — $2.50

**Lunch:**
- Grades K-4 — $3.50
- Grades 5-7 — $3.75
- Grades 8-12 — $4.00

Milk Only — .70 cents

Students who qualify for Free or Reduced Price Meals:
- No Charge for Breakfast & Lunch
- .70 cents for milk ala carte.

### Breakfast Options

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast Choice 1</th>
<th>Breakfast Choice 2</th>
<th>Sides</th>
<th>Extras</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon., Nov. 14</td>
<td>Toast &amp; Cereal Choice or Mini Maple Waffle</td>
<td>Raisins, Fruit &amp; Yogurt, Graham Crackers, Milk &amp; Juice</td>
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<tr>
<td>Tues., Nov. 15</td>
<td>Toast &amp; Cereal Choice or Apple Cherry Crunch Bar or Mini Bagels w/ Strawberry Cream Cheese</td>
<td>Raisins, Fruit &amp; Yogurt, Graham Crackers, Milk &amp; Juice</td>
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<tr>
<td>Wed., Nov. 16</td>
<td>Toast &amp; Cereal Choice or Buttermilk Bar or Pancake on a Stick</td>
<td>Raisins, Fruit &amp; Yogurt, Graham Crackers, Milk &amp; Juice</td>
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<tr>
<td>Thurs., Nov. 17</td>
<td>Toast &amp; Cereal Choice or Zucchini Bread</td>
<td>Raisins, Fruit &amp; Yogurt, Graham Crackers, Milk &amp; Juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri., Nov. 18</td>
<td>Toast &amp; Cereal Choice or Blueberry Muffin</td>
<td>Raisins, Fruit &amp; Yogurt, Graham Crackers, Milk &amp; Juice</td>
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<td></td>
</tr>
</tbody>
</table>

### Thanksgiving Break!

See you back here on Monday, November 28!

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HELP WANTED!
Our Auxiliary Services Department is hiring Substitute Food Service workers, Custodians and Bus Drivers. Flexible hours. Location varies by need. Please visit www.UPSD83.org and click on the “Employment” tab to see job and pay details and to fill out an application.

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AMERICAN COUGARS GROW UP TO 8 FEET LONG AND CAN WEIGH 200 POUNDS, BUT THEY AREN'T CONSIDERED ONE OF THE "BIG CATS" BECAUSE THEY CAN'T ROAR. THE SOUNDS THEY MAKE ARE THE SAME PURRS, SCREAMS, HISSES, AND LOW-PITCHED GROWLS THAT THE FAMILY CAT MAKES— ONLY LOUDER! **STRANGE BUT TRUE!**