



NOVEMBER | 2017

Breakfast - \$1.70
Adult Breakfast - \$1.80
Milk - .45

Bowling Green Middle & High School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We also offer Breakfast Grabbers or yogurt/muffin. Please take a juice & fruit with breakfast.</p>		1 Mini Bagels Juice & Fruit Milk	2 Breakfast on a Stick Juice & Fruit Milk	3 Cereal & Toast Juice & Fruit Milk
		6 Mini Cinis Juice & Fruit Milk	7 Cereal & Toast Juice & Fruit Milk	8 Sausage & Egg Biscuit Juice & Fruit Milk
13 Breakfast Pizza Juice & Fruit Milk	14 Cereal & Toast Juice & Fruit Milk	15 Chef's Choice Juice & Fruit Milk	16 Breakfast on a Stick Juice & Fruit Milk	17 Cereal & Toast Juice & Fruit Milk
20 Mini Bagels Juice & Fruit Milk	21 Cereal & Toast Juice & Fruit Milk	22 NO SCHOOL	23  <p>Happy Thanksgiving</p>	24 NO SCHOOL
27 Breakfast Pizza Juice & Fruit Milk	28 Cereal & Toast Juice & Fruit Milk	29 Mini Bagels Juice & Fruit Milk	30 Breakfast on a Stick Juice & Fruit Milk	

The average American consumes an average 4500 calories when eating Thanksgiving dinner, twice the recommended calories per day! Try dividing your plate into 3's:

- 1/3 white meat
- 1/3 vegetables
- 1/3 starchy veggies such as sweet or mashed potatoes.

Bowling Green City Schools would like to wish all of our students & families a wonderful Thanksgiving!