



School Information: Breakfast:
 19 meals @ \$1.70 = \$32.30
 Reduced .30 x 19 = \$ 5.70



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Breakfast Pizza
 Or cereal
 Fruit 1

Cheese Omelet
 Or cereal
 w/toast
 Juice 2

Cereal
 w/yogurt
 Fruit 3

Mini pancake wrap
 Or cereal
 Fruit 6

Biscuit/sausage
 Or cereal w/bread, jelly
 Juice 7

Biscuits & Gravy
 Or cereal
 Fruit 8

Cereal
 w/poptart
 Fruit 9

Veteran's Day
 No School 10

Cereal
 w/berry muffin
 Juice 13

French Toast Sticks
 Or cereal
 Fruit 14

Cream Cheese
 Mini Bagel
 Or cereal
 Fruit 15

Scrambled Eggs
 w/toast
 or cereal w/toast
 Juice 16

Cinnamon Roll
 Or cereal
 Fruit 17

Cereal
 w/nutrigrain bar
 Fruit 20

Coffee Cake
 Or cereal
 Fruit 21

Pancakes
 Or cereal
 Juice 22



Berry Patch Smoothie
 w/grahams
 or cereal
 Fruit 27

French Toast Sticks
 Or cereal
 Fruit 28

Breakfast Pizza
 Or cereal
 Fruit 29

Cheese Omelet
 Or cereal
 w/toast
 Juice 30

