

# November 2020

## K- 6 Breakfast Menu

| Monday |  | Tuesday   |   | Wednesday |  | Thursday |   | Friday |  |
|--------|--|---|---|-----------|--|----------|---|--------|--|
| 2      | Pancake/Sausage Stick<br>Syrup<br>Fresh Fruit<br>Variety of Cereal<br>WG Banana Muffin<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk | 3   | Waffles<br>Syrup<br>Variety of Cereal<br>Fresh Fruit<br>Apple Juice<br>Orange Juice<br>1% Milk<br>Skim Milk   | 4         | Yogurt Berry Parfait<br>Fresh Fruit<br>Variety of Cereal<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk                         | 5        | Ham & Cheese Biscuit<br>Fresh Fruit<br>Variety of Cereal<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk                              | 6      | Mini Blueberry Pancakes<br>Fresh Fruit<br>Variety of Cereal<br>Whole Grain Raisin Bread<br>Jelly<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk |
| 9      | Breakfast Pizza<br>Variety of Cereal<br>Fresh Fruit<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk                                    | 10  | Yogurt Berry Parfait<br>Fresh Fruit<br>Variety of Cereal<br>Whole Grain Raisin Bread<br>Jelly<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk | 11        | Sausage & Egg Biscuit<br>Fresh Fruit<br>Variety of Cereal<br>WG Blueberry Muffin<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk | 12       | French Toast Sticks<br>Syrup<br>Fresh Fruit<br>Variety of Cereal<br>Whole Grain Toast<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk | 13     | Mini Blueberry Pancakes<br>Fresh Fruit<br>Variety of Cereal<br>Whole Grain Raisin Bread<br>Jelly<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk |
| 16     | Pancake/Sausage Stick<br>Syrup<br>Fresh Fruit<br>Variety of Cereal<br>WG Banana Muffin<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk | 17  | Waffles<br>Syrup<br>Variety of Cereal<br>Fresh Fruit<br>Apple Juice<br>Orange Juice<br>1% Milk<br>Skim Milk   | 18        | Yogurt Berry Parfait<br>Fresh Fruit<br>Variety of Cereal<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk                         | 19       | Ham & Cheese Biscuit<br>Fresh Fruit<br>Variety of Cereal<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk                              | 20     | Mini Blueberry Pancakes<br>Fresh Fruit<br>Variety of Cereal<br>Whole Grain Raisin Bread<br>Jelly<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk |
| 23     | Breakfast Pizza<br>Fresh Fruit<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk   | 24  | Yogurt Berry Parfait<br>Fresh Fruit<br>Variety of Cereal<br>Whole Grain Raisin Bread<br>Jelly<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk | 25        |  | 26       |   | 27     |  |
| 30     | Pancake/Sausage Stick<br>Syrup<br>Fresh Fruit<br>Variety of Cereal<br>WG Banana Muffin<br>Apple Juice<br>Grape Juice<br>Orange Juice<br>1% Milk<br>Skim Milk | <p>This institution is an equal opportunity provider.</p> <p>Menus may change due to the availability of product.</p> |   |           |  |          |   |        |  |

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