

November 2020 Roland-Story Elementary School

BREAKFAST



This institution is an equal opportunity provider.



Nutrition Tip: Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.

Reference: USDA MyPlate



Monday

Ham Breakfast Bar
Apple/Banana/Orange
Milk

2

Tuesday

French Toast Sticks
Sausage Links
Apple/Banana/Orange
Milk

3

Wednesday

Breakfast Pizza
Apple/Banana/Orange
Milk

4

Thursday

Sausage Pancake Stick
Apple/Banana/Orange
Milk

5

Friday

No School

6

Ham Breakfast Bar
Apple/Banana/Orange
Milk

9

Breakfast Wrap
Apple/Banana/Orange
Milk

10

Breakfast Pizza
Apple/Banana/Orange
Milk

11

Sausage Pancake Stick
Apple/Banana/Orange
Milk

12

Cereal
Muffin
Apple/Banana/Orange
Milk

13

Ham Breakfast Bar
Apple/Banana/Orange
Milk

16

Mini Bagel w/Cinnamon
Cream Cheese
Blueberries
Milk

17

Breakfast Pizza
Apple/Banana/Orange
Milk

18

Sausage Pancake Stick
Apple/Banana/Orange
Milk

19

Cereal
Pop Tart
Apple/Banana/Orange
Milk

20

Ham Breakfast Bar
Apple/Banana/Orange
Milk

23

Mini Pancakes
Apple/Banana/Orange
Milk

24

Breakfast Pizza
Apple/Banana/Orange
Milk

25

No School

26

No School

27

**HAPPY
THANKSGIVING**

Ham Breakfast Bar
Apple/Banana/Orange
Milk

30

Milk offered daily:
White, Chocolate, and
Strawberry Skim Milk
White 1% Milk

