



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

