





# NOVEMBER 2020 MMS-MHS BREAKFAST

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| <b>2</b><br>WG CINNAMON ROLL WITH ICING<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST             | <b>3</b><br>SCRAMBLED EGGS, SAUSAGE AND TOAST<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST      | <b>4</b><br>BREAKFAST PIZZA WITH SAUSAGE TOPPING<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST  | <b>5</b><br>CROISSANT SANDWICH WITH HAM EGG AND CHEESE<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST                                       | <b>6</b><br><u><b>NO SCHOOL TODAY!</b></u><br><br><u><b>TEACHER INSERVICE!</b></u><br><br>CEREAL & TOAST  |
| <b>9</b><br>CINNAMON GLAZED FRENCH TOAST<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST            | <b>10</b><br>WHOLE GRAIN PUMPKIN MUFFINS<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST           | <b>11</b><br><u><b>VETERAN'S DAY!</b></u><br><br><u><b>NO SCHOOL TODAY!</b></u><br><br>CEREAL & TOAST  | <b>12</b><br>BREAKFAST PIZZA WITH BACON, EGG AND CHEESE<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST                                      | <b>13</b><br>WG BAGEL WITH CREAM CHEESE<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST  |
| <b>16</b><br>BREAKFAST SANDWICH WITH EGG AND CHEESE<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST | <b>17</b><br>BAGEL WITH CREAM CHEESE<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST               | <b>18</b><br>BREAKFAST PIZZA WITH SAUSAGE TOPPING<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST   | <b>19</b><br>SCRAMBLED EGGS AND TOAST<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST  | <b>20</b><br>WHOLE GRAIN BLUEBERRY MUFFIN<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST  |
| <b>23</b><br>FRENCH TOAST STICKS WITH SYRUP<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST         | <b>24</b><br>SCRAMBLED EGGS WITH SAUSAGE & TOAST<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST   | <b>25</b><br><u><b>NO SCHOOL!</b></u><br><br>CEREAL & TOAST | <b>26</b><br><u><b>NO SCHOOL!</b></u><br><br>CEREAL & TOAST | <b>27</b><br><u><b>NO SCHOOL!</b></u><br><br>CEREAL & TOAST            |
| <b>30</b><br>WG BAGEL WITH CREAM CHEESE<br>FRUIT, JUICE AND MILK CHOICES<br>CEREAL & TOAST             | <br>CEREAL & TOAST | <b>HAPPY THANKSGIVING TO ALL!</b>  |   | CEREAL & TOAST<br><br><u><b>YOGURT SMOOTHIES</b></u><br><u><b>YOGURT PARFAITS</b></u><br><u><b>GRAB N GO BREAKFAST OFFERED DAILY!</b></u><br>CEREAL & TOAST |

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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