

# NOVEMBER 2022 MID-H.S. BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> RAINBOW BAGELS WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	<b>2</b> FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	<b>3</b> DONUT HOLES WITH GLAZE FRUIT, JUICE AND MILK CHOICES	<b>4</b> BREAKFAST SANDWICH W/HAM, EGG & CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<b>7</b> CINNAMON GLAZED FRENCH TOAST FRUIT, JUICE AND MILK CHOICES	<b>8</b> WHOLE GRAIN PUMPKIN MUFFINS FRUIT, JUICE AND MILK CHOICES	<b>9</b> SCRAMBLED EGGS WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	<b>10</b> <u><b>NO SCHOOL TODAY!</b></u>  <u><b>TEACHER INSERVICE!</b></u>	<b>11</b> <u><b>VETERAN'S DAY!</b></u>  <u><b>NO SCHOOL TODAY!</b></u>
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<b>14</b> CROISSANT SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	<b>15</b> BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	<b>16</b> BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	<b>17</b> YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	<b>19</b> WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<b>21</b> FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	<b>22</b> SCRAMBLED EGGS WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	<b>23</b> <u><b>NO SCHOOL!</b></u> 	<b>24</b> <u><b>NO SCHOOL!</b></u> 	<b>25</b> <u><b>NO SCHOOL!</b></u> 
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<b>28</b> WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	<b>29</b> SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES	<b>30</b> WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES		<u><b>FRUIT/YOGURT SMOOTHIES</b></u> <u><b>YOGURT/GRANOLA PARFAITS</b></u>  <u><b>GRAB'N GO</b></u> <u><b>OFFERED DAILY</b></u>
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST

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

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