






# NOVEMBER 2023 MID-H.S. BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	<b><u>YOGURT SMOOTHIES</u></b> <b><u>YOGURT PARFAITS</u></b> <b><u>GRAB N GO</u></b> <b><u>OFFERED DAILY!</u></b>			1	WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES	2	YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	3	BREAKFAST SANDWICH W/HAM, EGG & CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
6	WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	7	WHOLE GRAIN PUMPKIN MUFFINS FRUIT, JUICE AND MILK CHOICES	8	CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	9	<b><u>TEACHER INSERVICE DAY</u></b>  <b><u>NO SCHOOL TODAY!</u></b>	10	<b><u>VETERAN'S DAY!</u></b>  <b><u>NO SCHOOL TODAY!</u></b>
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST					
13	CHOCOLATE CHIP SCONES WITH GLAZE TOPPING FRUIT, JUICE AND MILK CHOICES	14	YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	15	BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	16	PANCAKE & SAUSAGE ON A STICK FRUIT, JUICE AND MILK CHOICES	17	BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
20	FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	21	CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	22	<b><u>NO SCHOOL!</u></b>  	23	<b><u>NO SCHOOL!</u></b>  	24	<b><u>NO SCHOOL!</u></b>  
CEREAL & TOAST		CEREAL & TOAST							
27	WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	28	SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES	29	SHEET PAN PANCAKES WITH SAUSAGE LINKS FRUIT, JUICE AND MILK CHOICES	30	BREAKFAST SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES		
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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