



**Choice of 1% or skim milk
Offered daily!
Menu subject to change!**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



French toast sticks 1
Syrup, strawberries
Grape juice
Milk

Breakfast Pizza 2
Pineapple tidbits
Apple juice
Milk

Cereal Bowl 3
Orange Juice
Orange smiles
Milk

Cereal Bowl 6
Orange Juice
Orange smiles
Milk

Yogurt and granola 7
Strawberries
Apple juice
Milk

Bagel 8
Cream cheese
Apple, apple juice
Milk

Sausage and cheese 9
On English muffin
Diced pears
Milk

No School 10
Veterans Day

Cereal Bowl 13
Orange Juice
Orange smiles
Milk

Peanut butter and jelly 14
Sandwich
Strawberries
Milk

Pancake on a stick 15
Syrup
Grape juice
Diced peaches
Milk

Breakfast Pizza 16
Pineapple tidbits
Apple juice
Milk

No School 17
PARENT TEACHER
CONFERENCES

No School 20
Thanksgiving
Break!

No School 21
Thanksgiving
Break!

No School 22
Thanksgiving
Break!

No School 23
Thanksgiving
Break!

No School 24
Thanksgiving
Break!

Cereal Bowl 27
Orange Juice
Orange smiles
Milk

French Toast Sticks 28
Syrup
Grape juice
Strawberries
Milk

Yogurt and granola 29
Strawberries
Apple juice
Milk

Bagel 30
Cream cheese
Apple, apple juice
Milk