

# NOVEMBER 2022

## High School

### BREAKFAST



**Additional breakfast Entrée Choices are available daily, ask your Nutrition Services team for more details!**

Daily Milk Choices – Skim and 1%

Menu subject to change due to unforeseen circumstances

This institution is an equal opportunity provider

Updated 10/26/2022

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

No School

Homemade Breakfast Sandwich or Bagel with Cream Cheese Juice Choices Fruit Choices **1**

Waffles or Yogurt Parfait with Granola Juice Choices Fruit Choices **2**

Pancake on a Stick or Homemade Smoothie with Poptart Juice Choices Fruit Choices **3**

No School **4**

Mini Cinnis or Waffles Juice Choices Fruit Choices **7**

Pancakes or French Toast Sticks Juice Choices Fruit Choices **8**

Mini Strawberry Bagels or Yogurt Parfait with Granola Juice Choices Fruit Choices **9**

Breakfast Pizza or Homemade Smoothie with Nutri-Grain Bar Juice Choices Fruit Choices **10**

Donut Choices or Mini Muffin Loaf with Hard Boiled Egg Juice Choices Fruit Choices **11**

Apple Frudel or Breakfast Bread Choices Juice Choices Fruit Choices **14**

Homemade Breakfast Sandwich or Bagel with Cream Cheese Juice Choices Fruit Choices **15**

Waffles or Yogurt Parfait with Granola Juice Choices Fruit Choices **16**

Pancake on a stick or Homemade Smoothie with Poptart Juice Choices Fruit Choices **17**

Donut Choices or Mini Muffin Loaf with Cheese Stick Juice Choices Fruit Choices **18**

No School **21**  
**Additional Daily Choice:**  
Cold cereal with Yogurt, Hardboiled egg Cheese Stick or Cracker Choices

No School **22**

No School **23**

No School **24**

No School **25**  
**Pricing:**  
Kindergarten = Free  
1<sup>st</sup> - 12<sup>th</sup> = \$1.65  
Reduced/Free = Free

Mini Cinnis or Waffles Juice Choices Fruit Choices **28**

Pancakes or French Toast Sticks Juice Choices Fruit Choices **29**

Donut Choices or Mini Muffin Loaf with Hard Boiled Egg Juice Choices Fruit Choices **30**

