

# High School November 2022 Breakfast Menu

**Offer vs Serve Meal Pattern:** Students are offered 4 Food Items: Meat/Meat Alt, Grain (Whole Grain Rich), Fruit, Vegetables, and Milk  
*\*Asked to Choose at least 3 Full Items, one of which must be 1/2 cup fruit or vegetable, encouraged to choose all items\**

*\*Breakfast is offered before school and during snack line\**

### Breakfast Price

All Students    \$1.50

*Complete Your Breakfast with Ice Cold Assorted Milk (1% White, and FF Chocolate)*

Students that qualify for free/reduced meals \$0.00

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Apple Filled Donut OR S'mores Oatmeal Bar w/String Cheese <i>*Applesauce Cup/Juice*</i>	2 Sausage/Ch Brkfst Sandwich OR Mini Frosted Wheats Cereal & Scooby Doo Crackers <i>*Fresh Fruit/Juice*</i>	3 Long John Donut OR Blueberry Muffin w/String Cheese <i>*Fresh Fruit/Juice*</i>	4 Mini Waffles or Pancakes OR Cocoa Puff Bar & Cheddar Goldfish Crackers <i>*Applesauce Cup/Juice*</i>
7 <b>Teacher In-service No School</b>	8 Sausage Breakfast Pizza OR Cheerios Cereal Giant Goldfish Crackers <i>*Applesauce Cup/Juice*</i>	9 Sausage/Ch Brkfst Sandwich OR Tottie Fruitie Cereal & Scooby Doo Crackers <i>*Fruit Cup/Juice*</i>	10 Mini Cinnamon Donuts OR Cinn Toast Crunch Soft Filled Bar <i>*Fresh Fruit/Juice*</i>	11 Cheese Omelet & Ham Sand. OR Reese's Puffs Cereal & Cheddar Goldfish Crackers <i>*Applesauce Cup/Juice*</i>
14 Sausage Breakfast Pizza OR Cocoa Roos Cereal & Sport Crackers <i>*Applesauce Cup/Juice*</i>	15 Mini Cinnamon Donuts OR Assorted Poptart w/String Cheese <i>*Fresh Fruit/Juice*</i>	16 Sausage/Ch Brkfst Sandwich OR Trix Cereal & Scooby Doo Crackers <i>*Fruit Cup/Juice*</i>	17 Mini Long John Donut OR Chocolate Chip Muffin w/String Cheese <i>*Fresh Fruit/Juice*</i>	18 Mini Waffles or Pancakes OR Frosted Flakes Cereal & Cheddar Goldfish Crackers <i>*Applesauce Cup/Juice*</i>
21 Sausage Breakfast Pizza OR Cinn Toast Crunch Cereal Sport Crackers <i>*Applesauce Cup/Juice*</i>	22 Chocolate Filled Crescent OR Banana Choc Chip Oatmeal Bar  <i>*Fresh Fruit/Juice*</i>	23 <b>Thanksgiving Break No School</b>	24 <b>Thanksgiving Break No School</b>	25 <b>Thanksgiving Bread No School</b>
28 Sausage Breakfast Pizza OR Lucky Charms Cereal & Giant Goldfish Crackers <i>*Applesauce Cup/Juice*</i>	29 Apple Filled Donut OR S'mores Oatmeal Bar w/String Cheese <i>*Applesauce Cup/Juice*</i>	30 Sausage/Ch Brkfst Sandwich OR Mini Frosted Wheats Cereal & Scooby Doo Crackers <i>*Fresh Fruit/Juice*</i>		

**\*Menus are subject to change due to food availability\***

This institution is an equal opportunity provider.