

# November Breakfast K-12 Menu

**Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**

**DAILY BREAKFAST CHOICES**  
Hot or cold breakfast choices are available daily, i.e.:  
Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.  
**Must choose at least 1:** Fruit or Juice.  
**May choose 1:** Milk  
Skim, Low Fat White, or Fat Free Chocolate.

**DAILY LUNCH CHOICES:**  
**Choose 1:** Entrée.  
**Must choose at least 1:** Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)  
**May Choose: 1 Milk;** Skim, Low Fat White, or Fat Free Chocolate.

**Available for lunch daily:** Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

**PLEASE NOTE:**  
The nationwide labor, driver and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutes are necessary. We apologize for any inconvenience.



1	<b>Egg &amp; Cheese Croissant</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	2	<b>Chicken Waffle Sandwich</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	3	<b>Confetti Mini Pancakes</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	4	<b>Egg, Cheese, Potato &amp; Sausage Breakfast Wrap</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	5	<b>Sausage Biscuit Sandwich or Grits with Sausage</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast
8	<b>Pancake Pup Minis</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	9	<b>Egg, Bacon &amp; Biscuit</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	10	<b>Chocolatey Chip Mini Pancakes</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers,	11	<b>Sweet Cinnamon Waffle</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	12	<b>Cheese Omelet w/ Toast or Cheese Omelet Wrap</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast
15	<b>Apple Cinnamon Texas Toast</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	16	<b>Egg, Ham &amp; Cheese on Croissant or English Muffin</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	17	<b>Maple Mini Pancakes</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	18	<b>Country Gravy Breakfast Pizza</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	19	<b>Chicken Biscuit Sandwich</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast

THANKSGIVING BREAK

29	<b>Egg &amp; Cheese Croissant</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast	30	<b>Chicken Waffle Sandwich</b> <u>Offered Daily:</u> Variety of Cold Cereal, Cereal Bars, Graham Crackers, Buttered & Cinnamon Toast
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For Menu & Nutrition Information or to download the app on your device! Visit [nutrislice.com](http://nutrislice.com)

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