

# November 2019

# Kittitas School District

## BREAKFAST



**Kittitas Schools is an Equal Opportunity Provider**



**Nutrition Tip:** Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



Reference: USDA MyPlate

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**Menu Subject to Change**

**Elem \$1.90**  
**Secondary \$2.00**  
**Milk \$0.50**



French Toast Sticks  
Juice  
Fruit  
Milk

1

Cereal  
Toast  
Fruit  
Juice  
Milk

4

Bagel  
Cream Cheese  
Fruit  
Juice  
Milk

5

Benefit Bar  
Fruit  
Juice  
Milk

6

Blueberry Oat Muffin  
Fruit  
Juice  
Milk

7

Pancakes  
Fruit  
Juice  
Milk

8

**No School**

11

Cereal  
Toast  
Juice  
Fruit  
Milk

12

Bagel  
Cream Cheese  
Mandarin Orange  
Juice  
Milk

13

Blueberry Muffin  
Fruit  
Juice  
Milk

14

Maple Bar  
Fruit  
Juice  
Milk

15

Cereal  
Toast  
Juice  
Fruit  
Milk

18

Toast  
Yogurt  
Granola  
Fruit  
Juice  
Milk

19

Breakfast Wrap  
Fruit  
Juice  
Milk

20

Benefit Bar  
Fruit  
Juice  
Milk

21

Pancakes  
Fruit  
Juice  
Milk

22

Cereal  
Toast  
Fruit  
Juice  
Milk

25

Bagel  
Cream Cheese  
Fruit  
Juice  
Milk

26

Nutri Grain Bar  
Juice  
Fruit  
Milk

27

**No School**

28

**No School**

29