

NOVEMBER 2022

Lakewood City Schools 9-12 Menu

BREAKFAST



Other Daily Selections:

Entrees: Assorted Cereals, Assorted Breakfast Bars



Nutrition Fun Fact- Did you know whole grains are a part of a healthy diet and contain 3 parts. The germ, endosperm, and bran!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Assorted Breakfast Cereals, Orange Juice, Milk

1

Nutri Grain Bar, Peach Slices, Milk

2

Assorted Breakfast Cereals, Orange Juice, Milk

3

Nutri Grain Bar, Applesauce, Milk

4

Assorted Breakfast Cereals, Pineapple Tidbits, Milk

7

PD Day
No School!

8

Assorted Breakfast Cereals, Peach Slices, Milk

9

Pillsbury French Toast, Orange Juice, Milk

10

Assorted Breakfast Cereal, Applesauce, Milk

11

Pillsbury Strawberry Cream Cheese Bagel, Peach Slices, Milk

14

Strawberry & Yogurt Parfait w Granola, Apple, Milk

15

Mini Chocolate Doughnuts, Zee Zee's Strawberry Banana Applesauce, Milk

16

Banana Chocolate Chip Oatmeal Round, Kiwi, Milk

17

Uncrustable Breakfast Pocket, Orange Juice, Graham Cracker, Milk

18

Crunchmania, Peach Slices, Milk

21

Strawberry & Yogurt Parfait w Granola, Apple, Milk

22

Thanksgiving Break!

23

Thanksgiving Break!

24

Thanksgiving Break!

25



Pillsbury Cinnamon Cream Cheese Bagel, Peach Slices, Milk

28

Strawberry & Yogurt Parfait w Granola, Apple, Milk

29

Eggo Confetti Mini Pancakes, Zee Zee's Strawberry Banana Applesauce, Milk

30

