

## High School Breakfast Menu November 2022

Breakfast Prices: paid \$1.75, reduced \$0.30 or free (F/R meal applications needed for discounted prices) Choose 1 or 2 grains, 1 protein, fruit and milk

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<p>1. <u>Grains</u> Pancake on a stick, bagel, breakfast bar, cereal</p> <p><u>Protein</u> Gogurt, peanut butter, cream cheese and jelly</p> <p><u>Fruit/Vegetables</u> strawberry cup or applesauce cup milk</p>	<p>2. <u>Grains</u> Breakfast bar, muffin, granola bar, cereal</p> <p><u>Protein</u> Hard cooked egg, yogurt</p> <p><u>Fruit/Vegetables</u> canned pears, sliced apples, v-8 juice milk</p>	<p>3. <u>Grains</u> Cream cheese filled bagel, cereal bar, cereal</p> <p><u>Protein</u> string cheese, yogurt</p> <p><u>Fruit/Vegetables</u> canned peaches or berries milk</p>	<p>4. <u>Grains</u> French toast, bagel, breakfast bar, cereal</p> <p><u>Protein</u> sausage patty, yogurt</p> <p><u>Fruit/Vegetables</u> assorted fruits milk</p>
<p>7. <u>Grains</u> Cinnamon roll, muffin, breakfast round, cereal</p> <p><u>Protein</u> string cheese, beef stick</p> <p><u>Fruit/Vegetables</u> canned peaches milk</p>	<p>8. <u>Grains</u> Bagel, breakfast bar, cereal</p> <p><u>Protein</u> string cheese, beef stick, cream cheese cup</p> <p><u>Fruit/Vegetables</u> orange wedges or apple milk</p>	<p>9. <u>Grains</u> Scone, Mini cinni, cereal</p> <p><u>Protein</u> beef stick, strawberry/banana smoothie</p> <p><u>Fruit/Vegetables</u> assorted fruits milk</p>	<p>10. <u>Grains</u> Pancakes, bagel, nutria-grain bar, cereal</p> <p><u>Protein</u> sausage, string cheese, yogurt</p> <p><u>Fruit/Vegetables</u> strawberry cup or vegetable/fruit juice milk</p>	<p>11. <b>PIR Day</b> <b>No School</b></p>
<p>14. <u>Grains</u> Bagel, breakfast bar, cereal</p> <p><u>Protein</u> yogurt, peanut butter, cream cheese cup</p> <p><u>Fruit/Vegetables</u> assorted fruits milk</p>	<p>15. <u>Grains</u> Pancake on a stick, cereal</p> <p><u>Protein</u> String cheese</p> <p><u>Fruit/Vegetables</u> applesauce cups or canned peaches milk</p>	<p>16. <u>Grains</u> Scone, muffin, cereal,</p> <p><u>Protein</u> Scrambled eggs, cheese pkt.</p> <p><u>Fruit/Vegetables</u> assorted fruits milk</p>	<p>17. <u>Grains</u> Waffle, cereal,</p> <p><u>Protein</u> Gogurt, sausage links.</p> <p><u>Fruit/Vegetables</u> assorted fruits milk</p>	<p>18. <u>Grains</u> Cereal bar, cereal,</p> <p><u>Protein</u> Gogurt, cheese pkt.</p> <p><u>Fruit/Vegetables</u> assorted fruits milk</p>
<p>21. <u>Grains</u> Nutri- grain bar, breakfast bar, cereal</p> <p><u>Protein</u> string cheese, Yogurt</p> <p><u>Fruit/Vegetables</u> assorted fruits milk</p>	<p>22 Cook's choice</p>	<p>23. Thanksgiving Holiday No School</p>	<p>24 Thanksgiving Holiday No School</p>	<p>25. Thanksgiving Holiday No School</p>
<p>28. Cook's choice</p>	<p>29. <u>Grains</u> Muffin, nutria-grain bar, bagel, cereal</p> <p><u>Protein</u> string cheese, beef stick</p> <p><u>Fruit/Vegetables</u> assorted fruits milk</p>	<p>30. <u>Grains</u> Cinnamon roll, breakfast bar, cereal</p> <p><u>Protein</u> string cheese, beef stick</p> <p><u>Fruit/Vegetables</u> assorted fruits milk</p>		