

**BREAKFAST**

This institution is an equal opportunity provider

# NOVEMBER 2023

## Ticonderoga Central School

All student breakfast comes with variety of milk, fresh fruit and 100% fruit juice and grain of the day  
 How do you make your tray each breakfast you ask?  
 Each tray comes with 3 to 4 items that is offered and must include a fruit!!

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Breakfast bread

1

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Pancake bites

2

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Bagel with Cream cheese

3

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Blueberry muffin

6

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & English Muffin

7

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & yogurt

8

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Bagel with Cream cheese

9

No School  
 Thank a veteran today they deserve it!

10

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Blueberry muffin

13

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Toast

14

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & breakfast bread

15

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & waffle

16

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Bagel with Cream cheese

17

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Blueberry muffin

20

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & English Muffin

21

No School

22

No School  
 Happy Turkey Day

23

No School

24

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Blueberry muffin

27

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Toast

28

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Yogurt

29

Milk  
 Fruit Juice  
 Fresh fruit  
 Cereal & Pancake bite

30



Breakfast times are 7:30 AM – 8 AM

Start your day off right with breakfast for your brain!

**MY SCHOOL BUCKS** PAY FOR MEALS ONLINE  
[MySchoolBucks.com](https://www.MySchoolBucks.com)