


# NOVEMBER | 2023



## EES, HCMS & HCHS Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Honey Bun OR Cereal Choice Fruit Juice Choice Milk	<b>31</b> Sausage, Egg Patty & Biscuit OR Pop-Tart Fruit Juice Choice Milk	<b>1</b> Tornado OR Cereal Choice Fruit Juice Choice Milk	<b>2</b> Mini Chicken Biscuit OR Yogurt Cheese Stick Fruit Juice Choice Milk	<b>3</b> Chicken & Waffles Syrup OR Cereal Choice Fruit Juice Choice Milk
<b>6</b> Breakfast Burrito OR Cereal Choice Juice Choice Fruit Milk	<b>7</b> Sausage, Egg Patty & Biscuit OR Pop-Tart Fruit Juice Choice Milk	<b>8</b> Tornado OR Cereal Choice Fruit Juice Choice Milk	<b>9</b> Mini Chicken Biscuit OR Yogurt Cheese Stick Fruit Juice Choice Milk	<b>10</b> Breakfast Pizza OR Cereal Choice Fruit Juice Choice Milk
<b>13</b> Long John OR Cereal Choice Juice Choice Fruit Milk	<b>14</b> Sausage, Egg Patty & Biscuit OR Pop-Tart Fruit Juice Choice Milk	<b>15</b> Tornado OR Cereal Choice Fruit Juice Choice Milk	<b>16</b> Mini Chicken Biscuit OR Yogurt Cheese Stick Fruit Juice Choice Milk	<b>17</b> Breakfast Pizza OR Cereal Choice Fruit Juice Choice Milk
<b>20</b> No School	<b>21</b> No School	<b>22</b> No School	<b>2</b> 	<b>24</b> No School
<b>27</b> Donut OR Cereal Choice Fruit Juice Choice Milk	<b>28</b> Sausage, Egg Patty & Biscuit OR Pop-Tart Fruit Juice Choice Milk	<b>29</b> Tornado OR Cereal Choice Fruit Juice Choice Milk	<b>30</b> Mini Chicken Biscuit OR Yogurt Cheese Stick Fruit Juice Choice Milk	<b>1</b> Breakfast Pizza OR Cereal Choice Fruit Juice Choice Milk

### News



**Breakfast is FREE for all students**

**Thanksgiving Break is the 20<sup>th</sup>-24<sup>th</sup>**



Houston County Child Nutrition  
Eat Right - Future Bright