

# K-12 Breakfast



*K - 12 School  
Breakfast Menu*

Winter 2023

Breakfast includes:  
Choice of 1 Entree,  
1-2 Fruits, and 1 Milk

Menu subject to change  
due to item availability

Vegetarian options are  
available upon request

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	Waffle Mixed Fruit Assorted Milk	<i>Schools Closed Caregiver/Teacher Conferences</i>	<ul style="list-style-type: none"> <li>Country Steak Biscuit</li> <li>Apple</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Poptart w/ Cheese Stick</li> <li>Banana</li> <li>Mixed Fruit</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Banana Bread</li> <li>Applesauce Cup</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>
<i>Week 2</i>	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<i>RPS Closed Diwali</i>	<ul style="list-style-type: none"> <li>Turkey Sausage Pancake Wrap</li> <li>Strawberry Cup</li> <li>Orange</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Crispy Chicken Biscuit</li> <li>Pear</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Donut</li> <li>Diced Pears</li> <li>Apple Slices</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt Parfait w/Granola</li> <li>Peach Cup</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>
<i>Week 3</i>	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>French Toast Sticks</li> <li>Banana</li> <li>Diced Pears</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Muffin w/ Cheese Stick</li> <li>Apple</li> <li>Mixed Fruit</li> <li>Assorted Milk</li> </ul>	<i>**Thanksgiving</i>	<i>Break</i>	<i>RPS Closed**</i>

*Additional Daily Entree Options*

- Assorted Cereal, Poptart or Muffin, with choice of:
- Yogurt, Cheese Stick or Hard Boiled Egg

(Managers may offer an assortment of 2-3 additional items daily. Varies by school, see your cafe manager for details)

*Nutrition Bites*

- November is National Native American Heritage Month.
- Commemorate National Native American Heritage Month with indigenous foods!
- Try recipes and cooking techniques as we enjoy native ingredients during holiday celebrations that still nourish us today at <https://www.firstnations.org/knowledge-center/recipes/>



*K - 12 School  
Breakfast Menu*

Winter 2023

Breakfast includes:  
Choice of 1 Entree,  
1-2 Fruits, and 1 Milk

Menu subject to change  
due to item availability

Vegetarian options are  
available upon request

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>Turkey Sausage Biscuit</li> <li>Orange</li> <li>Diced Pears</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cereal Bowl w/ Yogurt</li> <li>Peach Cup</li> <li>Apple Slices</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Country Steak Biscuit</li> <li>Apple</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Poptart w/ Cheese Stick</li> <li>Pear</li> <li>Mixed Fruit</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Banana Bread</li> <li>Applesauce Cup</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>
<i>Week 2</i>	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>Cereal w/ Cheese Stick</li> <li>Banana</li> <li>Mixed Fruit</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Sausage Pancake Wrap</li> <li>Strawberry Cup</li> <li>Orange</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Crispy Chicken Biscuit</li> <li>Pear</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Donut</li> <li>Diced Pears</li> <li>Apple Slices</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt Parfait w/Granola</li> <li>Peach Cup</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>
<i>Week 3</i>	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>French Toast Sticks</li> <li>Banana</li> <li>Diced Pears</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Muffin w/ Cheese Stick</li> <li>Apple</li> <li>Mixed Fruit</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Egg &amp; Cheese on English Muffin</li> <li>Orange</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Waffle w/Turkey Bacon</li> <li>Pear</li> <li>Peach Cup</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cereal w/ Yogurt</li> <li>Applesauce Cup</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>

*Additional Daily Entree Options*

- Assorted Cereal, Poptart or Muffin, with choice of:
- Yogurt, Cheese Stick or Hard Boiled Egg

(Managers may offer an assortment of 2-3 additional items daily. Varies by school, see your cafe manager for details)

*Nutrition Bites*

- Did you know: Health experts recommend children ages 4-8 eat at least 2 servings of fruit every day, and ages 9-18 eat at least 3-4 servings of fruit every day.
- Learn more about types of fruits and serving sizes at: [kidseatincolor.com/fruits-for-kids/](http://kidseatincolor.com/fruits-for-kids/)