



Montgomery County Secondary Breakfast

NOV

MONDAY

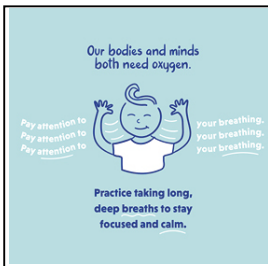
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Sausage Biscuit Sandwich
Strawberry Banana Parfait
Fresh Baked Cinnamon Roll

1

Available Daily: Assorted Fruit Options, 100% Fruit Juice, Assorted Cereal, Muffin, String Cheese, Yogurt, Low-Fat Milk

4

Chicken Biscuit Sandwich
Strawberry Banana Parfait
Banana Chocolate Benefit Bar

5

NO SCHOOL

6

Pancakes w/ Syrup
Strawberry Banana Parfait
Soft Wheat Bagel w/ Light Cream Cheese

7

Egg & Cheese English Muffin Sandwich
Banana Berry Smoothie
Mini French Toast

8

Sausage Biscuit Sandwich
Blueberry Patch Parfait
WG Cocoa Bread Slice

Available Daily: Assorted Fruit Options, 100% Fruit Juice, Assorted Cereal, Muffin, String Cheese, Yogurt, Low-Fat Milk

11

French Toast Sticks w/ Syrup
Double Berry Parfait
Oatmeal Chocolate Chip Round

12

Chicken Biscuit Sandwich
Berry Patch Smoothie
Banana Bread Slice

13

Egg & Cheese Bagel Sandwich
Double Berry Parfait
Mini Pancakes

14

Sausage Biscuit Sandwich
Orange Smoothie
Pillsbury Frudel

15

Egg & Cheese English Muffin
Just Peachy Parfait
WG Donut

Available Daily: Assorted Fruit Options, 100% Fruit Juice, Assorted Cereal, Muffin, String Cheese, Yogurt, Low-Fat Milk

18

Pancakes w/ Syrup
Strawberry Banana Parfait
WG Cocoa Bread Slice

19

Egg & Cheese Bagel Sandwich
Orange Smoothie
Fresh Baked Cinnamon Roll

20

Chicken Biscuit Sandwich
Blueberry Patch Parfait
Mini French Toast

21

French Toast Sticks
Strawberry Banana Parfait
Banana Chocolate Chunk Benefit Bar

22

Sausage Biscuit Sandwich
Berry Banana Smoothie
Pillsbury Frudel

Available Daily: Assorted Fruit Options, 100% Fruit Juice, Assorted Cereal, Muffin, String Cheese, Yogurt, Low-Fat Milk

25

Chicken Biscuit Sandwich
Double Berry Parfait
Soft Wheat Bagel w/ Light Cream Cheese

26

Dutch Waffle w/ Syrup
Double Berry Parfait
Pillsbury Frudel

27

NO SCHOOL

28

NO SCHOOL
HAPPY THANKSGIVING!

29

NO SCHOOL

Breakfast Meal Definition: 1 bread/grain item with an additional bread/grain item OR meat/meat alternative, along with up to 1 cup of fruit/veggie and low-fat milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.

This institution is an equal opportunity provider.