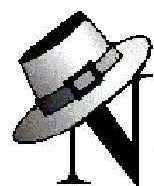
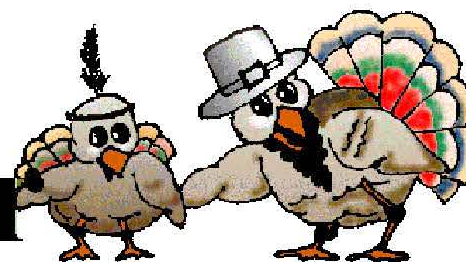


Liberty, Victory, and Legacy
Charter School's
Hot Breakfast Menu



November



Monday

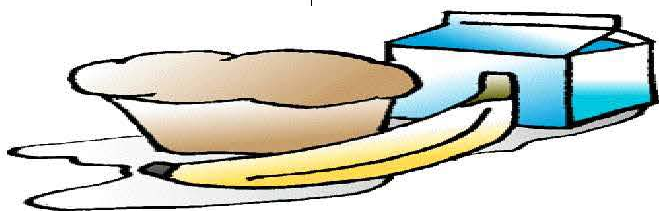
Tuesday

Wednesday

Thursday

Friday

"BREAKFAST: a time to appreciate the abundance of nourishing options."



CELEBRATE YOUR HEALTH!!
Keep healthy!
Get plenty of sleep!
Give your selves plenty of hugs!
Drink plenty of good water!
Keep your body clean!
Be grateful for every day!
Never skip breakfast! It is the most important meal of every day!

1 English Muffin w/Ham and Cheese
Yummy Breakfast Bites
Fresh Golden Banana
Assorted Fruit Juice
Assorted Milk Choices

4 Hearty Breakfast Sausage Square
Yummy Breakfast Cookie
Chilled diced Pears
Assorted Juice Choice
Assorted Milk Choice

5 Strawberrylicious Smoothie
Cinnamon Toast
Double Chocolate Muffin
Fresh Melon
Assorted Fruit Juice
Assorted Ice Cold Milk

6 How bout a Pancake on a stick?
Maple Brown Sugar BeneFit Bar
Fresh Hard Boiled Egg
Razzle Dazzel Berry Cup
Assorted Juice Cups
Assorted Real Cows Milk

7 Hot Cheesy Omlet
Perfectly Toasted Toast w/Jelly
Your favorite Cereals
Elf Graham Crackers
Fresh Crisp Apples
Assorted Juice Cups
Assorted Ice Cold Milk

8 Wonderful Cinnamon Waffles
Mini Stuffed Strawberry Bagels
Fruity Cocktail
Assorted Juice Choice
Assorted Flavored Milk

11 Croissants w/ Eggs and Cheese
Honey Bagel w/cream cheese
Fresh Juicy Oranges
Assorted Juice Choice
Assorted Ice Cold Milk

12 Sausage Breakfast Pizza
Your Favorite Cereal Choices
Cheesy Cheese Stick
Apricot Cups
Assorted Fruit Juice
Assorted Flavored Milk

13 Sausage with a Biscuit
Hearty Baked Oatmeal Bar
Perfectly Cooked Hard Boiled Egg
Fresh Bananas
Assorted Juice Choice
Assorted Fresh Cows Milk

14 Silver dollar Pancakes w/Maple Syrup
Steaming Blueberry Muffin
Creamy Yogurt
Delicious Apple Sauce
Assorted Juice Choice
Assorted Ice Cold Milk Choice

15 Breakfast Quesadilla w/Salsa
Fruity Fruit Frudel
Fresh Kiwi
Assorted Juice Choice
Assorted Fresh Cold Milk

18 Delicious Chicken Biscuit
Your favorite Cereal Choices
Yummy Cheese Sticks
Fresh Red Grapes
Assorted Juice Choice
Assorted Milk Choice

19 Home Made Cinnamon Roll
Chocolate chip Granola Bar
Creamy Yogurt Cup
Sweet Mandarin Oranges
Assorted Juice Choice
Assorted Milk Choice

20 Hot Pancakes w/Maple Syrup
Fresh Made Banana Bread Slice
Fresh Pears
Assorted Juice Choice
Assorted Milk Choice

21 Did you say **BACON** breakfast
Pizza???? YESS PLEASE !!
Bagel w/cream cheese
Sweet Pineapple
Assorted Juice choice
Assorted Fresh Milk

22 English Muffin w/Ham and Cheese
Yummy Breakfast Bites
Fresh Golden Banana
Assorted Fruit Juice
Assorted Milk Choices