BREAKFAST

NOVEMBER 2026

Ansonia Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg and Cheese Sandwich Nutrigrain Bar 100% Fruit Juice Fresh Fruit Choice Milk Choice	3 **No Class**	4 Egg and Cheese Sandwich Strawberry Oatmeal Bar 100% Fruit Juice Fresh Fruit Choice Milk Choice	5 WG Cereal 100% Fruit Juice Fresh Fruit Choice Milk Choice	6 Whole Grain Bagel Low Fat Cream Cheese 100% Fruit Juice Fresh Fruit Choice Milk Choice
9 Egg and Cheese Sandwich Pillsbury Apple Frudel 100% Fruit Juice Fresh Fruit Choice Milk Choice	10 WG Cereal 100% Fruit Juice Fresh Fruit Choice Milk Choice	11 Egg and Cheese Sandwich Zee Zee Baked Bar 100% Fruit Juice Fresh Fruit Choice Milk Choice	12 WG Cereal 100% Fruit Juice Fresh Fruit Choice Milk Choice	13 Mini Donut 100% Fruit Juice Fresh Fruit Choice Milk Choice
16 Egg and Cheese Sandwich Banana Bread Slice 100% Fruit Juice Fresh Fruit Choice Milk Choice	17 WG Cereal 100% Fruit Juice Fresh Fruit Choice Milk Choice	18 Egg and Cheese Sandwich WG Sunrise Maple Bites 100% Fruit Juice Fresh Fruit Choice Milk Choice	19 WG Cereal 100% Fruit Juice Fresh Fruit Choice Milk Choice	20 Reduced Sugar Fruit Yogurt WG Granola 100% Fruit Juice Fresh Fruit Choice Milk Choice
23 Egg and Cheese Sandwich Mini Cinnamon Buns 100% Fruit Juice Fresh Fruit Choice Milk Choice	24 WG Cereal 100% Fruit Juice Fresh Fruit Choice Milk Choice	25 **No Class**	26 **Happy Thanksgiving**	27 **No Class**
30 Egg and Cheese Sandwich Lemon Bread Slice 100% Fruit Juice Fresh Fruit Choice Milk Choice				

DID YOU KNOW? All Students are able to receive a balanced delicious breakfast each school day at NO COST