BREAKFAST

NOVEMBER 2026

Ansonia High 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** Sausage, Egg & Cheese On English Muffin Strawberry Oatmeal Bar 100% Fruit Juice Fresh Fruit Choice	**5** French Toast Sticks WG Cereal 100% Fruit Juice Fresh Fruit Choice Milk Choice	**6** Egg & Cheese Sandwich Whole Grain Bagel Low Fat Cream Cheese 100% Fruit Juice Fresh Fruit Choice
9 Egg and Cheese Sandwich Pillsbury Apple Frudel 100% Fruit Juice Fresh Fruit Choice Milk Choice	**10** Egg and Cheese on Croissant WG Cereal 100% Fruit Juice Fresh Fruit Choice Milk Choice	**11** Sausage, Egg & Cheese On English Muffin Zee Zee Baked Bar 100% Fruit Juice Fresh Fruit Choice	**12** French Toast Sticks WG Cereal 100% Fruit Juice Fresh Fruit Choice Milk Choice	**13** Egg & Cheese on WG Bagel 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** Egg& Cheese on Croissant WG Cereal 100% Fruit Juice Fresh Fruit Choice Milk Choice	**18** Sausage, Egg & Cheese On English Muffin WG Sunrise Maple Bites 100% Fruit Juice Fresh Fruit Choice	**19** French Toast Sticks WG Cereal 100% Fruit Juice Fresh Fruit Choice Milk Choice	**20** Egg & Cheese on WG Bagel Reduced Sugar Fruit Yogurt WG Granola 100% Fruit Juice Fresh Fruit Choice
23 Egg and Cheese Sandwich Mini Cinnamon Buns 100% Fruit Juice Fresh Fruit Choice Milk Choice	**24** Egg & Cheese on Croissant 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