Apply Here

Free & Reducted Meal Program

Student - $1.70
Reduced - $0.30
Adult - $2.00
Mlik - $0.70

K-12 NOVEMBER 2026

BREAKFAST

Fruit, 100% Juice, and Milk offered or served daily with meall

All Menu items are subject to change without notice

MY SCHOOL BUCKS

Add $ Here

Did you know?

World Kindness Day is on November 13th. Below are some ways you can choose to celebrate.

- Hold a door for someone.
- Help someone with a project.
- Donate time or money to a cause.
- Compliment someone's effort.
- Leave a kind note for someone.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bagel & Cream Cheese OR Cereal & Muffin	3 Breakfast Burrito OR Cereal & Oatmeal Bar	4 Waffle OR Cereal & Muffin	5 French Toast Casserole OR Cereal & Oatmeal Bar	6 Cinnamon Roll OR Cereal & Muffin
9 Cheesy Eggs & Toast OR Cereal & Oatmeal Bar	10 Mini Pancake Wraps OR Cereal & Muffin	11 Veteran's Day No Student Attendance THANK YOU FOR SERVING OUR COUNTRY	12 Hot Oatmeal OR Cereal & Muffin	13 Decorated Donut OR Cereal & Oatmeal Bar
16 French Toast Sticks OR Cereal & Muffin	17 Yogurt & NutriGrain Bar OR Cereal & Oatmeal Bar	18 Waffle OR Cereal & Muffin	19 Cheey Omelet OR Cereal & Oatmeal Bar	20 Mini Bagels OR Cereal & Muffin
23 Cook's Choice	24 Cook's Choice	25 GIVE THANKS Thanksgiving Break No Student Attendance	26 GIVE THANKS Thanksgiving Break No Student Attendance	27 GIVE THANKS Thanksgiving Break No Student Attendance
30 Dutch Waffle OR Cereal & Oatmeal Bar				

For more information visit us at www.ecusd7.org If you have any questions or comments, please contact the ECUSD7 Nutrition Department.
Shira Patterson (618) 655-6022 spatterson@ecusd7.org