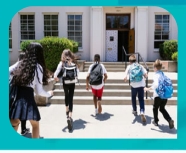


Gateway College Prep School

BREAKFAST

November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Biscuit Chocolate Muffins Cereal Variety Assorted Fruit Juice/Milk Chilled Tropical Fruit 02	Sausage Wrap Scrambled Eggs w/ Toast Cereal Variety Assorted Fruit Juice/Milk Chilled Bananas 03	Brown Sugar Oatmeal French Toast Cereal Variety Assorted Fruit Juice/Milk Chilled Grapes 04	Cinnamon Rolls Pancakes Sausage Sandwich Cereal Variety Assorted Fruit Juice/Milk Chilled Pears 05	Ham Cheese Kolaches Glazed Donut Holes Cereal Variety Assorted Fruit Juice/Milk Chilled Applesauce 06
No Students- Staff Development 09	Breakfast Tacos Apple Puff Pastry Cereal Variety Assorted Fruit Juice/Milk Chilled Fresh Apple 10	Nutella Crepes Cinnamon Oatmeal Cereal Variety Assorted Fruit Juice/Milk Chilled Bananas 11	Blueberry Muffins Cheese Omelets Cereal Variety Assorted Fruit Juice/Milk Chilled Mixed Fruit 12	Monte Cristo Sandwich French Toast Cereal Variety Assorted Fruit Juice/Milk Chilled Peaches 13
Breakfast Pizza Assorted Danishes Cereal Variety Assorted Fruit Juice/Milk Chilled Diced Pears 16	Sausage Wrap Biscuits and Gravy Cereal Variety Assorted Fruit Juice/Milk Chilled Mandarin Oranges 17	Cinnamon Rolls Raisin Spiced Oatmeal Cereal Variety Assorted Fruit Juice/Milk Chilled Fruit Cocktail 18	Chicken and Waffles Ham Cheese Croissant Cereal Variety Assorted Fruit Juice/Milk Chilled Grapes 19	Pancakes and Sausage Very Berry Parfait Cereal Variety Assorted Fruit Juice/Milk Chilled Apricots 20
Thanksgiving Break 23	**Thanksgiving Break** 24	**Thanksgiving Break** 25	**Thanksgiving Break** 26	**Thanksgiving Break** 27
Scrambled Eggs and Toast Chocolate Muffins Cereal Variety Assorted Fruit Juice/Milk Chilled Bananas 30				



School Information: . *Menu Subject to Change Due to Availability*
National Sandwich Day is Tuesday 03 November.

NOVEMBER 2026