

# November 2015

## COVINGTON COUNTY SCHOOLS

### BREAKFAST

#### School Holidays:

November 11<sup>th</sup>: Veterans Day

November 23-27<sup>th</sup>: Thanksgiving Break



**Nutrition Tip:** 30% of milk consumed by 6- to 12-year-olds is consumed with cereal.

Reference: NHANES 2009-10 (Day 1)

#### Monday

Pancake & Sausage  
On a stick  
Yogurt  
Pineapple Tidbits  
Apple Juice  
Milk

2

#### Tuesday

Cinnamon Roll  
Cereal  
Orange Halves  
Grape Juice  
Milk

3

#### Wednesday

Chicken Biscuit  
Fruit Cocktail  
Orange Juice  
Milk

4

#### Thursday

Maple Mini Pancakes  
Yogurt  
Apple Quarters  
Orange Juice  
Milk

5

#### Friday

Strawberry Pop Tart  
Cereal  
Orange Halves  
Apple Juice  
Milk

6

French Toast  
Ham Slice  
Mandarin Oranges  
Grape Juice  
Milk

9

Banana Muffin  
Cereal  
Grapes  
Orange Juice  
Milk

10

Holiday

11

Chicken Croissant  
Bananas  
Orange Juice  
Milk

12

Grits  
Biscuit  
Apple Quarters  
Orange/Pineapple Juice  
Milk

13

Waffle Stick  
Yogurt  
Apple Quarters  
Orange Juice  
Milk

16

Blueberry Muffin  
Cereal  
Fruit Cocktail  
Grape Juice  
Milk

17

Sausage Biscuit  
Strawberries  
Apple Juice  
Milk

18

Egg Croissant  
Sliced Peaches  
Orange Juice  
Milk

19

Cinnamon Roll  
Cereal  
Fruit Cocktail  
Grape Juice  
Milk

20

Holiday

23

Holiday

24

Holiday

25

Holiday

26

Holiday

27

Sausage Biscuit  
Sliced Peaches  
Grape Juice  
Milk

30

