

Breakfast



NOVEMBER 2017



Ringgold Elementary

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
 <p>Assorted milk, fruit, and juice will be served daily with breakfast.</p>		Waffle with syrup OR Cinnamon Toast and Yogurt Choice of Cereal with Toast Jelly offered with toast	Breakfast Pizza OR Cinn. Toast with GO BIG Yogurt Choice of Cereal with Toast Jelly offered with Toast	Sausage or Chicken Biscuit w/gravy OR Sausage or Chicken Biscuit Fruit and Yogurt Parfait Choice of Cereal with Toast Jelly offered with Toast
	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9
Chicken Biscuit OR Cinnamon Toast and Yogurt Choice of Cereal with Toast Jelly offered with Toast	Pancake on a Stick with Syrup OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Breakfast Pizza OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Scrambled Eggs w/toast OR Cinn. Toast w/GO BIG yogurt Choice of Cereal with Toast Jelly offered with Toast	Sausage or Chicken Biscuit w/gravy OR Sausage or Chicken Biscuit Fruit and Yogurt Parfait Choice of Cereal with Toast Jelly offered with Toast
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Blueberry Pancake on a stick/syrup OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Chicken Biscuit OR Cinnamon Toast and Yogurt Choice of Cereal with Toast Jelly offered with Toast	Breakfast Pizza OR Cinn. Toast with GO BIG Yogurt Choice of Cereal with Toast Jelly offered with Toast	French Toast w/syrup OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Sausage or Chicken Biscuit w/gravy OR Sausage or Chicken Biscuit Fruit and Yogurt Parfait Choice of Cereal with Toast Jelly offered with Toast
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
 <p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>		 <p>NO SCHOOL</p>
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	
Pancake on a Stick with Syrup OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Chicken Biscuit OR Cinnamon Toast and Yogurt Choice of Cereal with Toast Jelly offered with Toast	Breakfast Pizza OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Scrambled Eggs w/toast OR Cinn. Toast w/GO BIG yogurt Choice of Cereal with Toast Jelly offered with Toast	