

November 2017

Fayetteville High School

BREAKFAST



**** USDA is an equal opportunity employer & provider****

**** Manager reserves the right to change menu due to food availability****

****Breakfast includes: Choice of (1) Grain entrée, Milk and Fruit/Juice****



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Egg & Chz English Muffin **1**
Or
Choc Chip Oatmeal Bar
Or
French Toast w/syrup
Milk
Orange Juice
Mixed Fruit

Pancakes w/syrup **2**
or
Breakfast Burrito
Or
Trix Cereal Bar
Milk
Apple Juice
Diced Pears

Steak Biscuit **3**
or
Bosco Breakfast Stick
Or
Cin Toast Crunch Bar
Milk
Orange Juice
Pineapple Tidbits

Steak Biscuit **6**
or
Cinn Toast Crunch Bar
Or
French Toast w/syrup
Diced Peaches
Apple Juice
Milk

Sausage Egg Chz Muffin **7**
Or
Bagel w/cream chz
Or
Choc Chip Oatmeal Bar
Strawberry Cups
Orange Juice
Milk

Pancake Sausage Stick **8**
Or
Blueberry Muffin
Or
Coco Puffs Cereal Bar
Diced Pears
Grape Juice
Milk

Chicken Biscuit **9**
Or
Breakfast Tornado Stick
Or
Trix Cereal bar
Pineapple Tidbits
Orange Juice
Milk

Breakfast Pizza **10**
Or
Choc Chip Muffin
Or
Cinn Toast Crunch Bar
Mixed Fruit
Apple Juice
Milk

French Toast w/syrup **13**
Or
Bagel w/cream chz
Or
Cinn Toast Crunch Bar
Applesauce
Orange Juice
Milk

Steak & Egg Biscuit **14**
Or
Apple Frudel
Or
Coco Puff Cereal Bar
Diced Peaches
Apple Juice
Milk

Egg & Chz English Muffin **15**
Or
Choc Chip Oatmeal Bar
Or
French Toast w/syrup
Milk
Orange Juice
Mixed Fruit

Pancakes w/syrup **16**
or
Breakfast Burrito
Or
Trix Cereal Bar
Milk
Apple Juice
Diced Pears

Steak Biscuit **17**
or
Bosco Breakfast Stick
Or
Cin Toast Crunch Bar
Milk
Orange Juice
Pineapple Tidbits

Thanksgiving **20**
Holiday

Thanksgiving **21**
Holiday

Thanksgiving **22**
Holiday

Thanksgiving **23**
Holiday

Thanksgiving **24**
Holiday

Steak Biscuit **27**
or
Cinn Toast Crunch Bar
Or
French Toast w/syrup
Diced Peaches
Apple Juice
Milk

Sausage Egg Chz Muffin **28**
Or
Bagel w/cream chz
Or
Choc Chip Oatmeal Bar
Strawberry Cups
Orange Juice
Milk

Pancake Sausage Stick **29**
Or
Blueberry Muffin
Or
Coco Puffs Cereal Bar
Diced Pears
Grape Juice
Milk

Chicken Biscuit **30**
Or
Breakfast Tornado Stick
Or
Trix Cereal bar
Pineapple Tidbits
Orange Juice
Milk

