

November 2017

Fayetteville Middle 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

6
Sausage Biscuit
or
Cinn Toast Crunch Cereal
Diced Peaches
Apple Juice
Milk

7
French Toast w/syrup
Or
Blueberry Muffin
Strawberry Cups
Orange Juice
Milk

8
Bacon Egg & Chz Bagel
Or
Cherry Frudel
Diced Pears
Apple Juice
Milk

9
Beef Steak Biscuit
Or
Lucky Charms Cereal
Pineapple Tidbits
Orange Juice
Milk

10
Breakfast Pizza
Or
Choc Chip Muffin
Mixed Fruit
Apple Juice
Milk

13
Pancakes w/syrup
Or
Choc Chip Oatmeal Bar
Applesauce
Orange Juice
Milk

14
Bacon Biscuit
Or
Cinn Toast Crunch Cereal
Diced Peaches
Apple Juice
Milk

15
Sausage, Egg
& Chz McMuffin
Or
Keebler Graham Gripz
Mixed Fruit
Orange Juice
Milk

16
Breakfast Pizza
Or
Choc Chip Muffin
Strawberry Cups
Apple Juice
Milk

17
Chicken Biscuit
Or
Lucky Charms Cereal
Diced Pears
Orange Juice
Milk

20
Thanksgiving
Holiday

21
Thanksgiving
Holiday

22
Thanksgiving
Holiday

23
Thanksgiving
Holiday

24
Thanksgiving
Holiday

27
Sausage Biscuit
or
Cinn Toast Crunch Cereal
Diced Peaches
Apple Juice
Milk

28
French Toast w/syrup
Or
Blueberry Muffin
Strawberry Cups
Orange Juice
Milk

29
Bacon Egg & Chz Bagel
Or
Cherry Frudel
Diced Pears
Apple Juice
Milk

30
Beef Steak Biscuit
Or
Lucky Charms Cereal
Pineapple Tidbits
Orange Juice
Milk

