

# November 2017

## Ralph Askins Elementary

### 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 Omelet w/Muffin **1**  
Or  
Choc Chip Oatmeal Bar  
Milk  
Orange Juice  
Mixed Fruit

Pancakes w/syrup **2**  
or  
Keebler Graham Gripz  
Milk  
Apple Juice  
Diced Pears

Chicken Biscuit **3**  
or  
Cinn Toast Crunch Cereal  
Milk  
Orange Juice  
Pineapple Tidbits

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

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

Egg & Chz Omelet w/Muffin **8**  
Or  
Cherry Frudel  
Diced Pears  
Apple Juice  
Milk

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

Breakfast Pizza **10**  
Or  
Keebler Animal Crackers  
Mixed Fruit  
Apple Juice  
Milk

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

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

Sausage, Egg & Chz on **15**  
English Muffin  
Or  
Keebler Graham Gripz  
Mixed Fruit  
Orange Juice  
Milk

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

Chicken Sliders **17**  
Or  
Lucky Charms Cereal  
Diced Pears  
Orange Juice  
Milk

Thanksgiving **20**  
Holiday

Thanksgiving **21**  
Holiday

Thanksgiving **22**  
Holiday

Thanksgiving **23**  
Holiday

Thanksgiving **24**  
Holiday

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

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

Egg & Chz Omelet w/Muffin **29**  
Or  
Cherry Frudel  
Diced Pears  
Apple Juice  
Milk

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

