

QUITMAN JH/HS BREAKFAST

NOVEMBER 2018

	Monday	Tuesday	Wednesday	Thursday	Big Breakfast Friday
Fresh Fruits and Veggies from Local Farmers				Breakfast Taco Homemade Salsa Simply Chex Bites <i>Strawberry or Chocolate</i> Vanilla Yogurt Cup Cereal Bowl Toast	1 Scrambled Eggs Sausage Patty Biscuit Gravy Cereal Bowl Toast
Daily Variety Options of Fresh and Canned Fruit	5 NO SCHOOL	6 Breakfast Bowl Simply Chex Bites <i>Strawberry or Chocolate</i> Vanilla Yogurt Cup Cereal Bowl Toast	7 Fruit Parfait <i>Peaches or Strawberries</i> Mini Maple Pancakes Cinnamon Breakfast Cookie Cereal Bowl Toast	8 Chicken Biscuit with Honey Mustard Cup or Jelly Mini Chocolate Donuts Cereal Bowl Toast	9 Cheese Omelette Sausage Links Biscuit Gravy Cereal Bowl Toast
Milk Variety Includes: Fat Free Flavored Milk and 1% White Milk	Pancake on a Stick 12 <i>Apple, Blueberry or Plain</i> Cereal Bar & Cheese Stick <i>Cinnamon Toast Crunch, Cocoa Puffs, Fruity Cheerios</i> Cereal Bowl	Chocolate Muffins with 13 Sausage Links Nutra Grain Bar <i>Strawberry or Apple</i> Vanilla Yogurt Cup Cereal Bowl Toast	Breakfast Calzone with 14 Marinara Cup Simply Chex Bites <i>Strawberry or Chocolate</i> Vanilla Yogurt Cup Cereal Bowl Toast	Glazed Pancakes 15 Blueberry or Cinnamon Sausage Patty Mini Bagels <i>Strawberry or Cinnamon</i> Cereal Bowl Toast	16 Scrambled Eggs Sausage Patty Biscuit Gravy Cereal Bowl Toast
Fruit Juice Variety offered with Breakfast	19	20	21	1 HAPPY THANKSGIVING	23
	Chicken - N- Waffles 26 Cinnamon Breakfast Cookie Cereal Bowl Toast	Glazed Cinnamon Roll 27 Cereal Bar <i>Cinnamon Toast Crunch, Cocoa Puffs, Fruity Cheerios</i> Cheese Stick Cereal Bowl Toast	Sausage Breakfast 28 Sandwich Simply Chex Bites <i>Strawberry or Chocolate</i> Vanilla Yogurt Cup Cereal Bowl Toast	Breakfast Pizza 29 Nutra Grain Bar <i>Strawberry or Apple</i> Vanilla Yogurt Cup Cereal Bowl Toast	30 Cheese Omelette Sausage Links Biscuit Gravy Cereal Bowl Toast