

- 2023 -

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sacred Heart School

Breakfast Menu

Meal prices:

Free

Milk \$0.50

Build a better breakfast:

Start with 1-2 fruits

Include 1-2 grains

Your meal must include a
fruit and 2 components.

Choice of Milk:

Fat Free Chocolate

1% White

**Why don't you put the
turkey near the corn?**

**A: It will gobble gobble
it up!**

6

Cereal with
Yogurt/ Pop-Tart
Pineapple Tidbits
Juice
Milk

7

Cinnamon Roll
Applesauce with Cinnamon
Juice
Milk

8

Pancakes with Sticky Syrup
Sausage
Orange Slices
Juice
Milk

9

French Toast Sticks
with Syrup
Diced Peaches
Juice
Milk

10

Cereal with
String Cheese / Pop-Tart
Banana
Juice
Milk

13

Cereal with
Nutri-Grain Bar/ Pop-Tart
Apple Slices
Juice
Milk

14

Blueberry Muffin
Applesauce with
Cinnamon
Juice
Milk

15

Pancakes with Sticky Syrup
Sausage
Orange Slices
Juice
Milk

16

Egg and Cheese on English
Muffin
Mandarin Oranges
Juice
Milk

17

Cereal with
Nutri-Grain Bar/ Pop-Tart
Applesauce with
Cinnamon
Juice
Milk

20

Cereal with
Yogurt/ Pop-Tart
Pineapple Tidbits
Juice
Milk

21

Cinnamon Roll
Apple Slices
Juice
Milk

22

Pancakes with Sticky Syrup
Sausage
Banana
Juice
Milk

23

HAVE

24

A

27

GREAT

28

BREAK!

29

Pancakes with Sticky
Syrup
Sausage
Orange Slices
Juice
Milk

30

Egg and Cheese
on English Muffin
Mandarin Oranges
Juice
Milk