

NOVEMBER 2022

May ISD

BREAKFAST

This institution is an equal opportunity provider



School Information: Student prices \$1.75

Reduced \$0.30

Additional milk \$0.50 each

Adult price is \$2.25

Cereal is offered as an alternative choice daily



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.

Menu is subject to change due to delivery.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank breakfast menu box for Monday.

English Muffins **1**
Cheese Sticks
Fruit
Milk

French Toast **2**
Sausage
Fruit
Milk

Pancake on Stick **3**
Yogurt
Fruit
Milk

Cheesy Toast **4**
Sausage
Fruit
Milk

Waffles **7**
Bacon
Yogurt
Fruit
Milk

Breakfast Pizza **8**
Muffins
Cheese Sticks
Fruit
Milk

Oatmeal **9**
Toast
Yogurt
Fruit
Milk

Breakfast Sandwich **10**
Cheese Sticks
Fruit
Milk

Donuts **11**
Sausage
Cheese Sticks
Fruit
Milk

Morning Rolls **14**
Fruit
Milk
Yogurt

English Muffins **15**
Fruit
Cheese Sticks
Milk

Biscuit/Gravy **16**
Bacon
Scrambled Eggs
Fruit
Milk

French Toast **17**
Sausage
Cheese Sticks
Fruit
Milk

Breakfast Pizza **18**
Muffins
Fruit
Yogurt
Milk

Thanksgiving Break **21**

Thanksgiving Break **22**

Thanksgiving Break **23**

Thanksgiving Break **24**

Thanksgiving Break **25**

Pancakes **28**
Bacon
Cheese Sticks
Fruit
Milk

Sausage Bagel **29**
Cheese Sticks
Fruit
Milk

Oatmeal **30**
Toast
Yogurt
Fruit
Milk

