



# November 2021

## BREAKFAST MENU

### MONDAY

1

**Pancakes 2 ea**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

### TUESDAY

2

**Egg & Potato  
Breakfast Mix  
Corn Tortilla 2G**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

### WEDNESDAY

3

**Biscuit & Gravy 1  
ea**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

### THURSDAY

4

**Assorted Cereal  
1MMA/1.5G**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

### FRIDAY

8

**Breakfast Pizza 1 ea**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

9

**Blueberry  
Overnight Oats  
1 ea**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

10

**Scrambled Eggs  
Corn Tortilla  
2MMA/2G**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

11



**No School**

15

**Pancakes  
2MMA/1G**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

16

**Cheesy Eggs  
WG Toast  
2G**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

17

**Biscuits & Gravy  
.75MMA/2G**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

18

**French Toast  
Sticks  
with Syrup  
1.5G**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

22

**Breakfast Pizza  
WG  
2G**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

23

**Strawberry &  
Yogurt Parfait 1 ea**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

24



25

29

**Assorted Cereal  
Breakfast Bar 1 ea**

½ c Fruit choice  
½ c Juice Choice  
1 c Milk

30

**Blueberry  
Banana Sunrise  
Yogurt Parfait**

1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk



Key: BeWell Healthy Choice Vegetarian (Ovo-Lacto)

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This institution is an equal opportunity provider

For questions and comments, please email the Food Service Director at [faye.ortiz@aviands.com](mailto:faye.ortiz@aviands.com)

ELIOR NORTH AMERICA