



November



Monday

Tuesday

Wednesday

Thursday

Friday

1

Assorted Cold Cereals
Assorted Muffin Loaves
Fruit Flavor Cereal Bar
Assorted Fruit Juices
Fresh Fruit Bowl
Low Fat Milk
Chocolate Milk

2

Apple Frudel
Assorted Cold Cereals
Assorted Muffin Loaves
Sliced Strawberries
Fresh Fruit Bowl
Low Fat Milk
Chocolate Milk

3

Hot Grits
Sausage Patty
Crispy Toast
Assorted Cold Cereals
Assorted Muffin Loaves
Hashbrown Potatoes
Fresh Fruit Bowl
Assorted Jellies
Low Fat Milk
Chocolate Milk

4

Strawberry Toaster
Pastry
Hot Oatmeal
Assorted Cold Cereals
Assorted Muffin Loaves
Fruit Cocktail
Fresh Fruit Bowl
Low Fat Milk
Chocolate Milk

7

Pancakes
Ham Slice
Assorted Cold Cereals
Assorted Muffin Loaves
Fresh Fruit Bowl
Sliced Strawberries
Pancake Syrup
Low Fat Milk
Chocolate Milk

8

Bacon, Egg, and Cheese
Biscuit
Assorted Cold Cereals
Assorted Muffin Loaves
Blushing Chilled Pears
Fresh Fruit Bowl
Assorted Jellies
Low Fat Milk
Chocolate Milk

9

Cinnamon Crunch Filled
Pastry
Assorted Cold Cereals
Assorted Muffin Loaves
Mandarin Fruit Cup
Fresh Fruit Bowl
Low Fat Milk
Chocolate Milk

10

Grilled Cheese Sandwich
Assorted Cold Cereals
Assorted Muffin Loaves
Assorted Fruit Juices
Fresh Fruit Bowl
Low Fat Milk
Chocolate Milk

11

Chicken Patty & Biscuit
Assorted Cold Cereals
Assorted Muffin Loaves
Fresh Fruit Bowl
Fresh Peaches
Assorted Jellies
Low Fat Milk
Chocolate Milk

14

Yogurts and Muffins
Assorted Cold Cereals
Fresh Fruit Bowl
Sliced Strawberries
Low Fat Milk
Chocolate Milk

15

Sausage and Biscuit
Assorted Muffin Loaves
Assorted Cold Cereals
Pineapple Tidbits
Fresh Fruit Bowl
Assorted Jellies
Low Fat Milk
Chocolate Milk

16

Hot Oatmeal
Strawberry Toaster
Pastry
Assorted Cold Cereals
Assorted Muffin Loaves
Fruit Cocktail
Fresh Fruit Bowl
Low Fat Milk
Chocolate Milk

17

Breakfast Sausage Pizza
Assorted Cold Cereals
Assorted Muffin Loaves
Mandarin Fruit Cup
Fresh Fruit Bowl
Low Fat Milk
Chocolate Milk

18

Cheese Omelet
Bacon Strips
Croissant
Assorted Cold Cereals
Assorted Muffin Loaves
Tropical Fruit
Fresh Fruit Bowl
Assorted Jellies
Low Fat Milk
Chocolate Milk

21

22

23

24

25

28

French Toast Sticks
Pineapple Tidbits
Pancake Syrup
Low Fat Milk
Chocolate Milk

29

Breakfast Burrito
Assorted Muffin Loaves
Assorted Cold Cereals
Assorted Fruit Juices
Fresh Fruit Bowl
Low Fat Milk
Chocolate Milk

30

Waffle
Breakfast Chicken Patty
Assorted Cold Cereals
Assorted Muffin Loaves
Chilled Peaches
Fresh Fruit Bowl
Pancake Syrup
Low Fat Milk
Chocolate Milk

GPSD Pk - 12th Breakfast Menu

Menu Subject to Change

"This Institution is an Equal Opportunity Provider