Amite County High School

November 2022 Breakfast Menu

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | Nov - 1  Sausage and Biscuit / Jelly  OR  Cereal  Fruit Juice  Fresh Fruit  Milk | Nov - 2  Breakfast Bread  OR  Cereal  Fruit Juice  Fresh Fruit  Milk | Nov - 3  Sausage and Biscuit / Jelly  OR  Cereal  Fruit Juice  Fresh Fruit  Milk | Nov - 4  Pancakes / Syrup  OR  Cereal  Cereal Bar  Fruit Juice  Fresh Fruit  Milk |
| Nov - 7  Bagel w/ Sausage & Gravy  OR  Cereal  Cereal Bar  Fruit Juice  Fresh Fruit  Milk | Nov - 8  Sausage and Biscuit /Jelly  OR  Cereal  Fruit Juice  Fresh Fruit  Milk | Nov - 9  Donuts  OR  Cereal  Crackers, fish shape  Yogurt  Fruit Juice  Fresh Fruit  Milk | Nov - 10  Sausage and Biscuit / Jelly  OR  Cereal  Strawberry Yogurt Mix  Fruit Juice  Fresh Fruit  Milk | Nov - 11  Apple Frudel  OR  Cereal  Cereal Bar  Fruit Juice  Fresh Fruit  Milk |
| Nov - 14  Breakfast pastry  OR  Cereal  Cereal Bar  Fruit Juice  Fresh Fruit  Milk | Nov - 15  Sausage and Biscuit / Jelly  OR  Cereal  Blueberry Cookie Bites  Fruit Juice  Fresh Fruit  Milk | Nov - 16  Breakfast Bread  OR  Cereal  Crackers, fish shape  Yogurt  Fruit Juice  Fresh Fruit  Milk | Nov - 17  Sausage and Biscuit / Jelly  OR  Cereal  Strawberry Yogurt Mix  Fruit Juice  Fresh Fruit  Milk | Nov - 18  Cinnamon Rolls  OR  Cereal  Cereal Bar  Fruit Juice  Fresh Fruit  Milk |
| Nov – 21  School Holiday | Nov – 22  School Holiday | Nov – 23  School Holiday | Nov – 24  School Holiday | Nov – 25  School Holiday |
| Nov - 28  French Toast Sticks / Syrup  OR  Cereal  Cereal Bar  Fruit Juice  Fresh Fruit  Milk | Nov - 29  Sausage and Biscuit / Jelly  OR  Cereal  Fruit Juice  Fresh Fruit  Milk | Nov - 30  Breakfast Bread  OR  Cereal  Fruit Juice  Fresh Fruit  Milk |  |  |

For Breakfast we will offer a serving of Grain, Fruit, Fruit Juice, Milk, and meat/meat alternative. Each participating student may pick up all items offered, they must pick up Fruit or Fruit Juice and 2 other items.

\*Milk served daily: fat-free chocolate and low-fat white milk\*

\*\*Menu subject to change due to unforeseen circumstances\*\*

\*\*\*This institution is an Equal Opportunity Provider \*\*\*