

NOVEMBER 2022

Moencopi Day School

BREAKFAST



Adult Breakfast \$2.50 Sides \$1.00 Milk \$0.50
This Institution is an equal opportunity.
****MAY SUBJECT TO CHANGE****



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.



MONDAY



Breakfast Burritos **1**
 Mild Salsa
 Applesauce
 Orange Smiles
 Milk

Blue Corn Mush **2**
 Sausage Patty
 Assorted Juice
 Fresh Grapes
 Milk

National Sandwich Day **3**
 Blueberry Muffins
 Scrambles Eggs
 Diced Peaches
 Watermelon
 Milk

WG Biscuits **4**
 Country Gravy
 Assorted Juice
 Fresh Banana
 Milk

Breakfast Sandwich **7**
 Assorted Juice
 Cantaloupe
 Milk

WG Pancakes **8**
 Pancake Syrup
 Applesauce
 Fresh Grapes
 Milk

Assorted Cold Cereal **9**
 Honey Graham Crackers
 Fruit Cocktail
 Fresh Apples
 Milk

Banana Muffin **10**
Assorted Yogurt
Diced Peaches
Orange Smiles
Milk
 VETERANS DAY
 LUNCHEON



Egg & Sausage Sandwich **14**
 Fresh Grapes
 Watermelon
 Milk

Assorted Cold Cereal **15**
 Buttered Toast w/ Jam
 Assorted Juice
 Orange Smiles
 Milk

Western Omelet **16**
 Mild Salsa
 Diced Peaches
 Fresh Apples
 Milk

WG Bagel **17**
 Cream Cheese
 Assorted Juice
 Orange Smiles
 Milk

Baked French Toast **18**
Pancake Syrup
Applesauce
Fresh Grapes
Milk
 Thanksgiving LUNCHEON



Cream of Wheat **28**
 Buttered Toast w/ Jam
 Assorted Juice
 Pineapple Tidbits
 Milk

Cheesy Eggs & Potatoes **29**
 Buttered Toast w/ Jam
 Applesauce
 Fresh Grapes
 Milk

Oatmeal w/ Brown Sugar **30**
 Sausage Patty
 Cinnamon Apple Slices
 Fresh Banana
 Milk

