

MOENCOPI DAY SCHOOL

-2023-

NOVEMBER

Breakfast

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

TUESDAY



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.

Reference: North American Food Service



Adult Breakfast \$2.75

Sides \$1.50

Milk \$0.50

This Institution is an equal opportunity.

****MAY SUBJECT TO CHANGE****

6 French Toast Sticks
Syrup
Sausage Patty
Assorted Juice
Blueberries
Assorted Milk

7 Breakfast Burrito
Mild Salsa
Fresh Apple
Orange Smiles
Assorted Milk

8 Blue Corn Mush
Hard Boiled Egg
Assorted Juice
Fresh Grapes
Assorted Milk

9 Whole Grain Toast
Assorted Jelly
Scrambled Eggs
Diced Peaches
Watermelon
Assorted Milk



13 Breakfast Taco
Mild Salsa
Assorted Juice
Fruit Cocktail
Assorted Milk

14 Whole Grain Pancakes
Syrup
Cinnamon Apple Slices
Fresh Grapes
Assorted Milk

15 Fruit & Yogurt Parfait
Honey Graham
Crackers
Cantaloupe
Assorted Milk

16 Cinnamon Rolls
Hard Boiled Egg
Tater Tots
Fresh Apple
Assorted Milk

17 Blueberry Muffin Squares
Assorted Yogurt
Orange Smiles
Assorted Juice

20 Egg & Sausage Sandwich
Pineapple Tidbits
Mixed Berries
Assorted Milk

21 Cream of Wheat
Whole Grain Toast
Assorted Jelly
Assorted Juice
Fresh Grapes
Assorted Milk



27 Cinnamon Crisp w/ Fruit
Salad
Assorted Yogurt
Sliced Peaches
Assorted Milk

28 Blue Corn Mush
Sausage Patty
Assorted Juice
Fresh Grapes
Assorted Milk

29 Breakfast Burrito
Mild Salsa
Mandarin
Oranges
Watermelon
Assorted Milk

30 Toasted English Muffin
Hash Brown Casserole
Assorted Juice
Blueberries
Assorted Milk