



# November



## 500 Calorie – Breakfast Menu

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

### NOTES

- Students may choose between the planned entrée or the Continental Breakfast (cereal, fruit or fruit juice, bread and milk).
- A choice of milk will be offered at each breakfast service. (1% or Skim milk)
- Juice is 100% fruit juice
- Fresh Fruit is offered at every meal.

1

### Scrambled Eggs

Sausage Patty  
Skim Milk (1 Only)

2

### French Toast

Orange Smoothie  
Syrup  
Butter  
Juice or Fruit

3

### Hard Boiled Egg

Warm Spiced Apples  
Yogurt  
Skim Milk (1 Only)  
No Fruit w/This Meal

4

### Mini Bagel

Cream Cheese  
Sausage Patty  
Skim Milk (1 Only)

5

### Blueberry Oatmeal Muffin w/Granola Crumb Topping

Mozzarella Cheese  
Scrambled Eggs  
Yogurt  
Fresh Fruit  
Skim Milk (1 Only)

6

### Scrambled Eggs

Grits  
Cantaloupe  
Yogurt  
Skim Milk (1 Only)

7

### Cinnamon Stuffed Bagel

Pineapple Smoothie  
Sausage Link  
Skim Milk (1 Only)

8

### Chocolate Chip Pancakes w/ Whipped Topping

Syrup  
Sausage Links  
Yogurt  
Skim Milk (1 Only)

9

### Loaded Oatmeal Bar

Scrambled Eggs  
Skim Milk (1 Only)

10

### Sausage Gravy & Biscuits

Scrambled Eggs  
Mixed Fruit  
Yogurt  
Skim Milk (1 Only)

11

### Strawberry Stuffed Bagel

Orange Smoothie  
Scrambled Eggs  
Skim Milk (1 Only)  
No Fruit or Yogurt  
w/This Meal

12

### Ham Biscuit

Yogurt  
Skim Milk (1 Only)

No Fruit  
w/This Meal

13

### Breakfast Burrito

Sausage Links  
Yogurt  
Skim Milk (1 Only)

No Fruit  
w/This Meal

14

### Scrambled Eggs

Sausage Links  
Toast  
Butter  
Jelly  
Skim Milk (1 Only)

15

### Loaded Oatmeal Bar

Yogurt  
Skim Milk (1 Only)

No Fruit w/  
This Meal

16

### Scrambled Eggs

Sausage Patty  
Toast  
Strawberries  
Yogurt  
Skim Milk (1 Only)

17

### Choice Of: Breakfast Pizza or Cottage Cheese, Peaches, Yogurt

Juice or fruit  
Skim Milk (1 Only)

No Yogurt w/This  
Meal

18

### Sausage & Egg Muffin

Fresh Melons  
Skim Milk (1 Only)

19

### Cheesy Grits

Fried Eggs  
Juice or Fruit  
Skim Milk (1 Only)

20

### Blueberry Pancakes

Sausage Link  
Maple Syrup  
Yogurt  
Skim Milk (1 Only)

21

### French Toast

Sausage Links  
Fresh Berries  
Syrup  
Yogurt  
Skim Milk (1 Only)

22

### Cheesy Eggs

Fruit Cocktail  
Yogurt  
Skim Milk (1 Only)

23

### Loaded Oatmeal Bar

Hard Boiled Egg  
Skim Milk (1 Only)

24

### Apple Muffin

Sausage Links  
Fruit  
Yogurt  
Skim Milk (1 Only)

25

### Chocolate Chip Pancakes

Syrup  
Sausage Link  
Yogurt  
Skim Milk (1 Only)  
No Fruit W/This

26

### English Muffin w/Egg & Cheese

Fruit Cocktail  
Yogurt  
Skim Milk (1 Only)

27

### Ham Biscuit

Peaches  
Skim Milk (1 Only)

No Yogurt  
w/This Meal

28

### Waffles

Sausage Link  
Syrup  
Baked Apples  
Skim Milk (1 Only)

No Yogurt  
w/This Meal

29

### Scrambled Eggs

Toast  
Fresh Fruit  
Butter  
Skim Milk (1 Only)

No Yogurt w/  
This Meal

30

### Apple Pie Muffin

Hard Boiled Egg  
Skim Milk (1 Only)