




## MIDDLE SCHOOL NOVEMBER BREAKFAST MENU

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
|   |  | 1<br>Fruit Yogurt and Granola<br>Apple Crisps   | 2<br>Mini Bagels/Mini Waffles<br>Breakfast Bars<br>Craisins<br>Sunshine Banans                                    | 3<br>Homemade Quesadillas<br>Mini Cinis<br>Craisins        |
| 6<br>Banana Breakfast Bar<br>Sunshine Bananas                                       | 7<br>Mini Confetti Pancakes<br>Cocoa Puffs<br>Graham Crackers<br>Craisins/ Bananas | 8<br><b>New Organic Breakfast</b><br><b>Carrot Muffin</b><br><b>De Stella Repostería</b><br><b>Saludable</b><br><b>Freshly Made</b><br>Apple Crisps | 9<br>Fruit Yogurt and Mini Waffles<br>Apple Slices  | 10<br>Holiday  |
| 13<br>Banana Breakfast Bar<br>Choice of Cereal<br>Sunshine Bananas                  | 14<br>French Toast Sticks<br>Choice of Cereal<br>Sunshine Bananas                  | 15<br>Breakfast Croissant<br>Cinnamon Toast Crunch<br>Craisins Donitas<br>Apple Sauce   | 16<br><b>New Organic Breakfast</b><br><b>Vanilla Conchitas</b><br><b>De Stella Repostería</b><br><b>Saludable</b> | 17<br>Donitas<br>Apple Sauce<br>Craisins                   |
|  |  |   |   |  |
| 27<br>Breakfast Banana Bars<br>Choice of Cereal<br>Apple Sauce                      | 28<br>Mini Confetti Pancakes<br>Cocoa Puffs<br>Graham Crackers                     | 29<br><b>New Organic Breakfast</b><br><b>Carrot Muffin</b><br><b>De Stella</b><br><b>Repostería Saludable</b><br>Apple Sauce                        | 30<br>Yogurt and Goldfish<br>Choice of Cereal<br>Apple Sauce  | 1<br>Chorizo and Egg Burrito<br>Graham Crackers<br>Bananas |

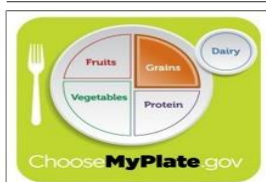
Menu subject to change due to product availability

### Health and Learning Success Go Hand-in-Hand

#### WHOLE GRAINS

- Look for the whole grain stamp on the front of packaged food items.
- Serve whole wheat pasta instead of white pasta
- Serve brown rice instead of white rice.
- Swap potatoes for a whole grain side - quinoa, bulgur, or wheat berries. For more information and WG recipes go to: <https://wholegrainscouncil.org/whole-grains-101/whole-grains-z>

#### **GRAIN Facts**



- Eat 5-8 servings/day
- Whole grains are best!
- Whole grains: Vitamin B, Iron, Potassium
- Great source of carbohydrates



#### Give your child a healthy start!

**Free Breakfast for all students every day!**

Mornings can be rushed, but it is important to make time for breakfast.

Children can benefit from the School Breakfast Program! Studies show that school breakfast can improve test scores, make kids more alert in class, and improve classroom behavior.

Make sure your kids start the school day with a healthy meal.

**El Desayuno es gratis para todos los estudiantes todos los días**

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