

**2019 NOVEMBER
SECONDARY SCHOOL BREAKFAST MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
October 28th No School	October 29th Pancakes Hash browns Berries 100% Fruit Juice	October 30th Breakfast Sandwich (Chicken Sausage, Egg, and Cheese on an English Muffin) Fruit 100% Fruit Juice	October 31st Frittata (Turkey Sausage and Cheese) Graham Cracker Fruit 100% Fruit Juice	Nov 1st French Toast Chicken Sausage Patty Applesauce Cup 100% Fruit Juice
4th Breakfast Pizza (Turkey sausage and cheese) Yogurt Fruit 100% Fruit Juice	5th Whole Grain Cinnamon Roll Banana 100% Fruit Juice	6th Breakfast Sandwich (Chicken Sausage, Egg, and Cheese on an English Muffin) Fruit 100% Fruit Juice	7th Breakfast Burrito (Chicken sausage, Egg and cheese on a Tortilla) Fruit 100% Fruit Juice	8th French Toast Hash Brown Applesauce Cup 100% Fruit Juice
11th Breakfast Pizza (Turkey sausage and cheese) Yogurt Fruit 100% Fruit Juice	12th Pancakes Hash browns Berries 100% Fruit Juice	13th Breakfast Sandwich (Chicken Sausage, Egg, and Cheese on an English Muffin) Fruit 100% Fruit Juice	14th Frittata (Turkey Sausage and Cheese) Graham Cracker Fruit 100% Fruit Juice	15th Whole Grain Glazed Long John Applesauce Cup 100% Fruit Juice
18th Breakfast Pizza (Turkey sausage and cheese) Yogurt Fruit 100% Fruit Juice	19th Whole Grain Cinnamon Roll Banana 100% Fruit Juice	20th Breakfast Sandwich (Chicken Sausage, Egg, and Cheese on an English Muffin) Fruit 100% Fruit Juice	21st Breakfast Burrito (Chicken sausage, Egg and cheese on a Tortilla) Fruit 100% Fruit Juice	22nd French Toast Hash Brown Applesauce Cup 100% Fruit Juice
25th Breakfast Pizza (Turkey sausage and cheese) Fruit 100% Fruit Juice	26th Pancakes Hash browns Berries 100% Fruit Juice	27th No School	28th No School	29th No School

Additional daily cold offerings may include:

Assorted Cereal
1% or Skim Milk

Cheese Stick, Hard Cooked Egg, Sunflower Seeds, yogurt
Granola, Snack Bread, Graham Crackers, Bagel, Oatmeal Breakfast Round, Breakfast Bar
Fruit and Yogurt Parfaits, PB&J Sandwiches, Toaster Pastry
Mini Cinnamon Rolls, Frudels