

# November 2018

## Edwards County Schools

### BREAKFAST



**School Information:** This Institution is an equal opportunity provider.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Pancakes w/ syrup or Assorted Cereal w/ Cheese Stick  
Fruit  
Juice  
Milk

Mini Powdered Donuts or Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

Yogurt & Grahams or Assorted Cereal w/ Yogurt  
Fruit  
Juice  
Milk

Peanut Butter & Jelly Sandwich or Grilled Cheese Sandwich  
Fruit  
Juice  
Milk

Donut Ring or Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

Pop-tart w/ Yogurt or Assorted Cereal Bar w/ Yogurt  
Fruit  
Juice  
Milk

Breakfast Pizza or Assorted Cereal w/ Cheese Stick  
Fruit  
Juice  
Milk

No School

Pancake on a Stick w/ Syrup Or Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

Mini Maple Waffle w/ Syrup Or Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

Banana Muffin or Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

No School

Biscuit & Gravy or Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

Mini Cinnamon Waffles w/ Syrup or Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

No School

No School

No School

Yogurt & Grahams or Assorted Cereal Bar w/ Yogurt  
Fruit  
Juice  
Milk

Mini Blueberry Waffles w/ syrup or Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk

French Toast Sticks w/ Syrup Or Assorted Cereal w/ Cheese Stick  
Fruit  
Juice  
Milk

Chocolate Muffin w/ Yogurt Or Assorted Cereal Bar w/ Yogurt  
Fruit  
Juice  
Milk

Cinnamon Roll or Assorted Cereal w/ Toast & Jelly  
Fruit  
Juice  
Milk