

# November 2020

## EDWARDS COUNTY SCHOOLS

### BREAKFAST



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

All menus are subject to change due to product availability.



**Nutrition Tip:** Enjoy a low-fat yogurt parfait for breakfast. 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: USDA MyPlate



### Monday

Uncrustables or Assorted Cereal Bar  
Fruit  
Juice  
Milk

2

### Tuesday

**NO SCHOOL**

3

### Wednesday

Elf Grahams or Assorted Cereal  
Yogurt  
Fruit  
Juice  
Milk

4

### Thursday

Biscuits & Gravy or Assorted Cereal w/ Toast  
Fruit  
Juice  
Milk

5

### Friday

Cinnamon Roll or Assorted Cereal Bar  
Fruit  
Juice  
Milk

6

Breakfast Pizza or Poptart  
Fruit  
Juice  
Milk

9

Muffin or Assorted Cereal w/ Toast  
Fruit  
Juice  
Milk

10

**NO SCHOOL**

11

Pancakes or Mini Donuts  
Fruit  
Juice  
Milk

12

Donut or Assorted Cereal w/ Toast  
Fruit  
Juice  
Milk

13

Elf Grahams or Assorted Cereal w/ Toast  
Yogurt  
Fruit  
Juice  
Milk

16

Mini Waffles or Poptart  
Fruit  
Juice  
Milk

17

French Toast Sticks or Assorted Cereal w/ Toast  
Fruit  
Juice  
Milk

18

Uncrustables or Assorted Cereal Bar  
Fruit  
Juice  
Milk

19

**NO SCHOOL**

20

Donut or Assorted Cereal w/ Toast  
Fruit  
Juice  
Milk

23

Breakfast Pizza or Poptart  
Fruit  
Juice  
Milk

24

**NO SCHOOL**

25

**NO SCHOOL**

26

**NO SCHOOL**

27

Pancakes or Assorted Cereal w/ Toast  
Fruit  
Juice  
Milk

30

