

November 2018

PANGBURN SCHOOL

BREAKFAST



Cereal, Pop tart, cereal bar, & graham cracker offered every day!
Milk & juice offered with every meal!



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. All grain foods are 50% whole grain to meet USDA regulations. USDA is an equal opportunity provider and employer!



Monday



Tuesday

Wednesday



Thursday

Friday

Elem: Ham & cheese bar W/ toast
Raisins
G-N-G: Ham & cheese bar/ gram cracker
Raisins

Elem: Morning sausage roll
Fresh fruit
G-N-G: Tornado w/egg & cheese
Fresh fruit

Elem: Breakfast pizza
Banana
G-N-G: Breakfast pizza
Banana

Elem: French toast bites
Fresh fruit
G-N-G: French toast bites
Fresh fruit

Elem: Chicken sliders
Applesauce cup
G-N-G: Chicken sliders
Fresh fruit

Elem: Sausage & biscuit
Raisins
G-N-G: Sausage, egg, & cheese biscuit
Fresh fruit

Elem: Dutch waffle
Diced pears
G-N-G: Dutch waffle
Fresh fruit

Elem: Super bun
Applesauce cup
G-N-G: Super bun
Fresh fruit

Elem: Ultra chocolate slice
Diced peaches
G-N-G: Ultra chocolate slice
Fresh fruit

Elem: Mini powdered donuts
Fresh fruit
G-N-G: Mini powdered donuts
Fresh fruit

19
NO SCHOOL!

20
NO SCHOOL!

21
NO SCHOOL!

22
HAPPY THANKSGIVING!

23
NO SCHOOL!

Elem: Mini chocolate donuts
Raisins
G-N-G: Mini chocolate donuts
Fresh fruit

Elem: Egg, toast, & sausage
Applesauce cup
G-N-G: Breakfast pizza
Fresh fruit

Elem: French toast sticks/ syrup
Fresh fruit
G-N-G: Breakfast burrito
Fresh fruit

Elem: Biscuit & gravy
Fresh fruit
G-N-G: Sausage, egg, & cheese biscuit
Fresh fruit

Elem: Waffles & syrup
Diced peaches
G-N-G: Pancake sausage bites
Fresh fruit