

# November 2017

## Manzanita Elementary School

### BREAKFAST



Get in touch with us to learn more about free and reduced price meals.  
 530-846-5594 Ask for Brittany  
 Breakfast Price \$ 1.85  
 \*\*Menu Subject to change



**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



Bacon-Egg Sandwich  
 2 Fresh Fruit Choices  
 Milk  
 Juice **1**

Pancake Sausage on a Stick  
 2 Fresh Fruit Choices  
 Milk  
 Juice **2**

Variety of Cereal  
 Toast & Jelly  
 2 Fresh Fruit Choices  
 Milk  
 Juice **3**

Yogurt Parfait  
 Mini Muffin  
 2 Fresh Fruit Choices  
 Milk  
 Juice **6**

Mustang Pizza  
 2 Fresh Fruit Choices  
 Milk  
 Juice **7**

Breakfast Burrito  
 2 Fresh Fruit Choices  
 Milk  
 Juice **8**

Pancakes  
 2 Fresh Fruit Choices  
 Milk  
 Juice **9**

**No School** **10**

French Toast Sticks  
 2 Fresh Fruit Choices  
 Milk  
 Juice **13**

Yogurt Mini Muffin  
 2 Fresh Fruit Choices  
 Milk  
 Juice **14**

Cheesy Scrambled Eggs  
 Toast & Jelly  
 2 Fresh Fruit Choices  
 Milk  
 Juice **15**

Waffles  
 2 Fresh Fruit Choices  
 Milk  
 Juice **16**

Variety of Cereal  
 Toast & Jelly  
 2 Fresh Fruit Choices  
 Milk  
 Juice **17**

**No School** **20**

**No School** **21**

**No School** **22**

**No School** **23**

**No School** **24**

French Toast Sticks  
 2 Fresh Fruit Choices  
 Milk  
 Juice **27**

Yogurt Mini Muffin  
 2 Fresh Fruit Choices  
 Milk  
 Juice **28**

Mini Waffles  
 2 Fresh Fruit Choices  
 Milk  
 Juice **29**

Bacon-Egg Sandwich  
 2 Fresh Fruit Choices  
 Milk  
 Juice **30**

