

November 2018

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 \$ 1.90
**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



Yogurt Parfait
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

5

Biscuits & Gravy
2 Fresh Fruit choices
Milk
Juice

6

Bacon-Egg Sandwich
2 Fresh Fruit Choices
Milk
Juice

7

Mini Waffles w/ syrup
2 Fresh Fruit Choices
Milk
Juice

1

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

2

NO SCHOOL

12

Yogurt
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

13

Breakfast Burrito
2 Fresh Fruit Choices
Milk
Juice

14

Mini Pancakes w/ syrup
2 Fresh Fruit Choices
Milk
Juice

15

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

16

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

Yogurt Parfait
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

26

Yogurt
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

27

Bacon-Egg Sandwich
2 Fresh Fruit Choices
Milk
Juice

28

Mini Pancakes w/ syrup
2 Fresh Fruit Choices
Milk
Juice

29

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

30