

NOVEMBER 2022

Manzanita Elementary School District

BREAKFAST



ALL KIDS EAT FOR FREE
****Menu Subject to change**



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. 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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Biscuits & Gravy

1

Fruit, Juice & Milk

Breakfast Burrito

2

Fruit, Juice & Milk

Pancakes

3

Fruit, Juice & Milk

Variety of Cereal

4

Fruit, Juice & Milk

Yogurt & Muffin

7

Fruit, Juice & Milk

Pancake Sausage on a Stick

8

Fruit, Juice & Milk

French Toast

9

Fruit, Juice & Milk

Waffles

10

Fruit, Juice & Milk

Veterans Day

11

NO SCHOOL

Breakfast Pizza

14

Fruit, Juice & Milk

Biscuits & Gravy

15

Fruit, Juice & Milk

Breakfast Burrito

16

Fruit, Juice & Milk

Pancakes

17

Fruit, Juice & Milk

Variety of Cereal

18

Fruit, Juice & Milk

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

25

Yogurt & Muffin

28

Fruit, Juice & Milk

Pancake Sausage on a Stick

29

Fruit, Juice & Milk

Breakfast Sandwich

30

Fruit, Juice & Milk

