

# NOVEMBER 2021

## West Harrison Community School

This institution is an equal opportunity provider

### BREAKFAST



**School Information:** ALL ENROLLED STUDENTS EAT FREE PK-5<sup>th</sup> get breakfast in the classroom. At least 1 Grain Bread, 2 Fruit/Vegetables and fat free or 1% milk will be offered to everyone. 6-12 may choose from the breakfast rack. **Menu is subject to change without notice.**



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and whole grain cereal 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



**ALL GRAIN BREAD ITEMS ARE WHOLE GRAIN RICH**

### MONDAY

PK-5  
Muffin Top  
Fruit Cup  
6-12 Breakfast Pizza  
Fruit Cup  
Juice and Milk

1

### TUESDAY

PK-5  
Waffle  
6-12  
Tac-n-Go  
Fruit/Juice/Milk

2

### WEDNESDAY

PK-12  
Breakfast Boat  
Fruit/Juice/Milk

3

### THURSDAY

PK-5  
Cinnamon Toast Bar  
6-12  
Cheese Omelet/Biscuit  
Fruit/Juice/Milk

4

### FRIDAY

PK-5  
WG Donut/Go Gurt  
6-12  
WG Long John/Yogurt  
Fresh Fruit/Juice/Milk

5

PK-12  
Jumpstart  
Fruit Fixings  
Milk

8

PK-12  
Pretzel w/Cheese  
Apple Sauce  
Juice and Milk

9

PK-12  
Apple Filled Pretzel  
Banana  
Juice and Milk

10

**Veterans Day**  
PK-12  
Breakfast Burrito  
Salsa/Fruit/Juice/Milk

11

PK-5  
WG Donut  
6-12  
WG Long John  
Juice/Fruit/Milk

12

PK-12  
Cheesy Pull Apart  
Fruit Cup  
Juice and Milk

15

PK-5  
Fruit Loops/Go Gurt  
6-12  
Ham and Cheese Sandwich  
Fruit/Juice/Milk

16

PK-5  
Cocoa Puff Bar  
6-12  
Sausage Egg Biscuit  
Fruit/Juice/Milk

17

Benefit Bar  
6-12  
Breakfast Wrap  
Fruit/Juice/Milk

18

PK-5  
WG Donut/Cheese Stick  
6-12  
WG Long John/Cheese Stick  
Fruit/Juice/Milk

19

**No School**  
**Fall Break**

22

**No School**  
**Fall Break**

23

**No School**  
**Fall Break**

24

**National Parfait Day**  
**No School**  
**Fall Break**

25

**No School**  
**Fall Break**

26

PK-12  
Uncrustable  
Fruit Cup  
Juice and Milk

29

PK-5  
Pancakes  
6-12  
French Bread Pizza  
Carrots/Juice/Milk

29

**MENU MAY CHANGE DO TO**  
**FOOD SUPPLY SHORTAGE**

