



# Inola Public Schools Breakfast Menu

November  
2021

Fruit and Juice are served daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> No school	<b>2</b> Mini Eggo Waffles OR Assorted Cereal Cheese Stick  Apple Juice Banana  1% Milk	<b>3</b> Plain Long John OR Assorted Cereal Graham Crackers  Craisins Orange Juice  1% Milk	<b>4</b> Sausage Breakfast Biscuit OR Choice of Cereal Strawberry Yogurt  Fresh Grapes Apple Juice  1% Milk	<b>5</b> French Toast Snackbread OR Assorted Cereal Graham Crackers  Pineapple Tidbits Grape Juice  1% Milk
<b>8</b> No School FILL IN SPECIAL	<b>9</b> Mini Pancakes OR Assorted Cereal Cheese Stick  Craisins Orange Juice  1% Milk	<b>10</b> Brekkie OR Choice of Cereal Graham Crackers  Diced Peaches Orange Juice  1% Milk	<b>11</b> Banana Chocolate Loaf OR Assorted Cereal Strawberry Go-Gurt  Applesauce Fruit Punch  1% Milk	<b>12</b> Cinnamon Pop-Tart OR Choice of Cereal Cheese Stick  Diced Pears Grape Juice  1% Milk
<b>15</b> No School	<b>16</b> French Toast Sticks OR Choice of Cereal Vanilla Yogurt  Diced Peaches Orange Juice  1% Milk	<b>17</b> Blueberry Loaf OR Choice of Cereal Cheese Stick  Fresh Grapes Orange Juice  1% Milk	<b>18</b> Strawberry Pop-Tart OR Choice of Cereal Graham Crackers  Banana Apple Juice 1% Milk	<b>19</b> Bacon, Egg & Cheese on Biscuit OR Choice of Cereal Strawberry Go-Gurt  Fresh Pineapple Grape Juice
<b>22</b> No school Thanksgiving break	<b>23</b> No School Thanksgiving break	<b>24</b> No School Thanksgiving break	<b>25</b> No School Thanksgiving break	<b>26</b> No School Thanksgiving break
<b>29</b> No School	<b>30</b> Bacon, Egg & Cheese on English Muffin OR Choice of Cereal Graham Crackers  Apple Juice Fresh Grapes		This is for Food 4 Thought	

All Students

FREE

PRICES

EXTRA INFO

1% White Milk  
is included with breakfast.  
For questions or comments contact Rebecca  
Lamantia, FSD at: 918-543-6282  
Or email [rlamantia@inola.k12.ok.us](mailto:rlamantia@inola.k12.ok.us)

HARVEST OF



THE MONTH

Your MENUS plus more  
information on our app  
TaHER Food4Life®



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