

November

Breakfast Menu 2021

Eagle Elementary School - District 145

This institution is an equal opportunity provider. Menus are subject to change.

**YOU'RE
GOOD**



ALL STUDENTS EAT ALL MEALS @

NO COST ALL YEAR LONG

SCHOOL 145 DISTRICT NUTRITION SERVICES

Monday, November 1

Entrée Carb Count

Breakfast

Poptart - 38g

or

Cereal Bowl

Fruit or 100% Juice

Milk

Tuesday, November 2

No School

Wed, November 3

Breakfast

Breakfast Pizza - 23g

or

Cereal Bowl

Fruit or 100% Juice

Milk

Thurs, November 4

Breakfast

Biscuit & Sausage

Gravy - 30g

or

Cereal Bowl

Fruit or 100% Juice

Milk

Friday, November 5

Breakfast

Mini Waffles - 35g

or

Cereal Bowl

Fruit or 100% Juice

Milk

Monday, November 8

Breakfast

WG Donuts - 41g

or

Cereal Bowl

Fruit or 100% Juice

Milk

Tuesday, November 9

Breakfast

French Toast - 37g

or

Cereal Bowl

Fruit or 100% Juice

Milk

Wed, November 10

Breakfast

Choc. Muffin - 29g

or

Cereal Bowl

Fruit or 100% Juice

Milk

Thurs, November 11

Breakfast

Pancake on a Stick - 22g

or

Cereal Bowl

Fruit or 100% Juice

Milk

Friday, November 12

Breakfast

WG Cinni Minnis - 35g

or

Cereal Bowl

Fruit or 100% Juice

Milk

Raise your hand if you've been helped by a teacher.



American Education Week ♦ November 15-19

Mon, November 15

Breakfast

Poptart - 38g
or
Cereal Bowl
Fruit or 100% Juice
Milk

Tues, November 16

Breakfast

Mini Pancakes - 39g
or
Cereal Bowl
Fruit or 100% Juice
Milk

Wed, November 17

Breakfast

Breakfast Pizza - 23g
or
Cereal Bowl
Fruit or 100% Juice
Milk

Thurs, November 18

Breakfast

Biscuit & Sausage
Gravy - 30g
or
Cereal Bowl
Fruit or 100% Juice
Milk

Friday, November 19

Breakfast

Mini Waffles - 35g
or
Cereal Bowl
Fruit or 100% Juice
Milk

Mon, November 22

Breakfast

WG Donuts - 41g
or
Cereal Bowl
Fruit or 100% Juice
Milk

Tues, November 23

Breakfast

French Toast - 37g
or
Cereal Bowl
Fruit or 100% Juice
Milk

Mon, November 29

Breakfast

Pancake on a Stick - 22g
or
Cereal Bowl
Fruit or 100% Juice
Milk

Tues, November 30

Breakfast

Choc. Muffin - 29g
or
Cereal Bowl
Fruit or 100% Juice
Milk

THANKSGIVING!

ENJOY YOUR HOLIDAY!

SEE YOU MONDAY!

