

NOVEMBER 2022

WESTSIDE MIDDLE SCHOOL

BREAKFAST



School Information: Each meal served with a choice of 1% White or Chocolate Milk and a fruit & or juice. USDA is an Equal Opportunity Provider & Employer



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

Toast & Cereal
OR
Sausage & Biscuit

1

Toast & Cereal
OR
Pancake on a Stick

2

Toast & Cereal
OR
Biscuit & Gravy

3

Toast & Cereal
OR
Funnel Cake

4

Toast & Cereal
OR
Eggo Waffles

7

Toast & Cereal
OR
Sausage & Biscuit

8

Toast & Cereal
OR
Pancake on a Stick

9

Toast & Cereal
OR
Biscuit & Gravy

10

Toast & Cereal
OR
Funnel Cake

11

Toast & Cereal
OR
Eggo Waffle

14

Toast & Cereal
OR
Sausage & Biscuit

15

Toast & Cereal
OR
Pancake on a Stick

16

Toast & Cereal
OR
Biscuit & Gravy

17

Toast & Cereal
OR
Funnel Cake

18

NO
SCHOOL

21

NO
SCHOOL

22

NO
SCHOOL

23

HAPPY
THANKSGIVING

24

NO
SCHOOL

25

Toast & Cereal
OR
Eggo Waffles

28

Toast & Cereal
OR
Sausage & Biscuit

29

Toast & Cereal
OR
Pancake on a Stick

30

