

November 2020

St. Rose of Lima School

BREAKFAST



School Information: Juice and Milk are served with each meal. This School is an equal opportunity provider.



Nutrition Tip: Enjoy a low-fat yogurt parfait for breakfast. 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.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

Cereal Bar

2

Banana Muffin

3

Sausage Egg Biscuit

4

Pancakes w/ Syrup

5

Cereal

6

Long John

9

Cheese Omelet

10

Breakfast Pizza

11

Scrambled Eggs and Bacon

12

Cereal Bar

13

NO SCHOOL

16

Old Fashion Donut

17

Chocolate Chip Muffin

18

Cereal

19

French Toast Sticks

20

Egg and Ham Bake

23

Cereal

24

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

Cereal Bar

30

