



# High School Breakfast Menu

November 2019

				1 Sausage Egg & Cheese Burrito  Sliced Peaches 100% Apple Juice Milk: Skim, 1% or Chocolate Skim
4 Egg, Ham & Cheese Roll  Diced Pears 100% Apple Juice Milk: Skim, 1% or Chocolate Skim	5 Sausage & Cheese Quesadilla  Pineapple Tidbits 100% Orange Juice Milk: Skim, 1% or Chocolate Skim	6 Scrambled Eggs Bacon & Biscuit  Fresh Banana 100% Grape Juice Milk: Skim, 1% or Chocolate Skim	7 Chicken & Waffle  Mixed Fruit 100% Apple Juice Milk: Skim, 1% or Chocolate Skim	8 Egg Strata w/Ham WG Toast  Fresh Apple 100% Orange Juice Milk: Skim, 1% or Chocolate Skim
11 Sausage Frittata  Fresh Banana 100% Grape Juice Milk: Skim, 1% or Chocolate Skim	12 Egg, Sausage & Cheese Pizza  Fresh Grapes 100% Orange Juice Milk: Skim, 1% or Chocolate Skim	13 Raisin Cinnamon Roll  Cup Applesauce 100% Fruit Apple Milk: Skim, 1% or Chocolate Skim	14 Country Chicken Biscuit  Fresh Banana 100% Grape Juice Milk: Skim, 1% or Chocolate Skim	15 Grilled Cheese SDW Tomato Soup  Fresh Apples 100% Orange Juice Milk: Skim, 1% or
18 Pancakes w/Turkey Sausage Links  Cup Diced Pears 100% Fruit Punch Milk: Skim, 1% or Chocolate Skim	19 Turkey Corndog  Cup Applesauce 10% Apple Juice Milk: Skim, 1% or Chocolate Skim	20 Scrambled Eggs, Sausage & Pancakes  Fresh Banana 100% Fruit Punch Milk: Skim, 1% or Chocolate Skim	21 Chicken & Waffle  Cup of Mixed Fruit 100% Orange Juice Milk: Skim, 1% or Chocolate Skim	22 Raisin Cinnamon Roll  Fresh Grapes 100% Apple Juice Milk: Skim, 1% or Chocolate Skim
25 NO SCHOOL  STAFF DEVELOPMENT	26	27	28 NO SCHOOL  THANKSGIVING HOLIDAY	29

### More info...

Staff Breakfast served daily at Gary Gore  
Between 630am – 9am - Staff Breakfast \$2.65

### More info... Pick 3 items to create a meal

Parfaits, Smoothies, WG Toast, Breakfast Bar, Assorted Muffins; Assorted Hot/Cold Cereal; Milk: Skim, 1% or Chocolate Skim