



# November 2022

Breakfast K-8 7:35 A.M. to 7:50 A.M.



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Cereal Fruit/ Vegetables Milk/ Juice	2 Biscuits and Gravy Fruit/ Vegetables Milk/ Juice	3 French Toast Sticks Fruit/ Vegetables Milk/ Juice	4 Choc. Chip Muffin Fruit/ Vegetables Milk/ Juice	5  Breakfast: \$1.25 Reduced: \$0.30 Milk: \$0.50	
<u>Nutrition requirements:</u> 6 Main Dish Grain/ Meat or Meat alternative: Min. 1oz daily	7 Pancakes Fruit/ Vegetables Milk/ Juice	8 Ham and Cheese on Biscuit Fruit/ Vegetables Milk/ Juice	9 Danish Fruit/ Vegetables Milk/ Juice	10 Cereal Fruit/ Vegetables Milk/ Juice	11  No School	12	
Fruit Choice: Min. 1/2c daily	14 Sausage Patty Waffle Sandwich Fruit/ Vegetables Milk/ Juice	15 Blueberry Muffin Fruit/ Vegetables Milk/ Juice	16 Choc. Chip Pancakes Fruit/ Vegetables Milk/ Juice	17 Breakfast Pizza Fruit/ Vegetables Milk/ Juice	18 Apple Frudel Fruit/ Vegetables Milk/ Juice	19	
Vegetable Choice: Min. 1/2c daily	20 Starchy, Beans/Peas, other 1/2c daily. Red/ Orange 3/4c Wk.	21 Instant Oatmeal Fruit/ Vegetables Milk/ Juice	22 Cereal Fruit/ Vegetables Milk/ Juice	23 No School	24 	25 No School	26 *Daily breakfast alternative: Yogurt and Graham crackers.
Drink Choice: Min. 1 Fl oz daily. Milk must be offered.	27 Biscuits and Gravy Fruit/ Vegetables Milk/ Juice	28 Choc. Chip Pancakes Fruit/ Vegetables Milk/ Juice	29 Strawberry Cream Cheese Bagel Fruit/ Vegetables Milk/ Juice	30 	*Menu subject to change *This is an equal opportunity employer. Pomerene School Breakfast Menu K-8 		