

# November Breakfast



SECONDARY 2023



## SELECTION OF FRUIT & MILK OFFERED DAILY

Know Your Food Farm to School

**W 1**

Cheesy Potato  
Egg Casserole  
with Toast

OR

Yogurt Parfait  
with Granola,  
Assorted Cereals,  
Cheese Stick

**T 2**

Breakfast Burrito

OR

Overnight Oats,  
Assorted Cereals,  
Hard Boiled Egg

**F 3**

**NO SCHOOL**

**M 6**

French Toast with  
Chicken Sausage  
Patty

OR

Overnight Oats,  
Assorted Cereals,  
Hard Boiled Egg

**T 7**

English Muffin  
Sandwich

OR

Yogurt Parfait  
with Granola,  
Assorted Cereals,  
Cheese Stick

**W 8**

Chicken & Waffles

OR

Overnight Oats,  
Assorted Cereals,  
Hard Boiled Egg

**T 9**

Turkey  
Chorizo & Egg  
Breakfast Tacos

OR

Yogurt Parfait  
with Granola,  
Assorted Cereals,  
Cheese Stick

**F 10**

Egg & Cheese  
Omelet with  
Harvest Breakfast  
Bread

OR

Overnight Oats,  
Assorted Cereals,  
Hard Boiled Egg

**M 13**

Pancakes with  
Turkey Sausage

OR

Yogurt Parfait  
with Granola,  
Assorted Cereals,  
Cheese Stick

**T 14**

Biscuit Sandwich

OR

Overnight Oats,  
Assorted Cereals,  
Hard Boiled Egg

**W 15**

Cheesy Potato  
Egg Casserole  
with Toast

OR

Yogurt Parfait  
with Granola,  
Assorted Cereals,  
Cheese Stick

**T 16**

Breakfast Burrito

OR

Overnight Oats,  
Assorted Cereals,  
Hard Boiled Egg

**F 17**

Scrambled Eggs  
with Cheese &  
Biscuit

OR

Yogurt Parfait  
with Granola,  
Assorted Cereals,  
Cheese Stick

**M 20**

French Toast with  
Chicken Sausage  
Patty

OR

Overnight Oats,  
Assorted Cereals,  
Hard Boiled Egg

**T 21**

English Muffin  
Sandwich

OR

Yogurt Parfait  
with Granola,  
Assorted Cereals,  
Cheese Stick

**W 22**

**NO SCHOOL**

**T 23**

**NO SCHOOL**

**F 24**

**NO SCHOOL**

**M 27**

Pancakes with  
Turkey Sausage

OR

Yogurt Parfait  
with Granola,  
Assorted Cereals,  
Cheese Stick

**T 28**

Biscuit Sandwich

OR

Overnight Oats,  
Assorted Cereals,  
Hard Boiled Egg

**W 29**

Cheesy Potato  
Egg Casserole  
with Toast

OR

Yogurt Parfait  
with Granola,  
Assorted Cereals,  
Cheese Stick

**T 30**

Breakfast Burrito

OR

Overnight Oats,  
Assorted Cereals,  
Hard Boiled Egg

**F 1**

Scrambled Eggs  
with Cheese &  
Biscuit

OR

Yogurt Parfait  
with Granola,  
Assorted Cereals,  
Cheese Stick