

November 2016

Step Ahead Breakfast - Snack

BREAKFAST

November is Good Nutrition Month.

Celebrate by eating lots of fruits and veggies, drinking plenty of water and eating healthy snacks.

USDA is an Equal Opportunity Provider and Employer

School Information: Juice, Fruit and Milk are offered with Breakfast. All grains served at Breakfast are whole grain rich.

****AM/PM Snack served w/Milk**

**** (Fresh Fruit/Vegetable Program)**** snack of the day. Encourage your child to try a new fruit/vegetable when offered.

Monday

Tuesday

Wednesday

Thursday

Friday



Scrambled Eggs
Mini Pancakes **1**

Breakfast Pizza **2**

Pancake wrapped
Sausage Bites **3**

NO
CLASS **4**

*(Jicama) w/Ranch Dressing
Wheat Crackers

**Cereal Bar

*(Cauliflower) w/Ranch Dressing
Goldfish Crackers

Sausage Patty
Cinnamon Stuffed Pancakes **7**

Ham & Egg Bar
WG Toast **8**

Cheese filled Breadsticks **9**

Sausage/Cheese Biscuit **10**

NO
CLASS **11**

**Animal Crackers

*(Asian Pear)

**Muffin Loaf

*(Daikon Radish)
w/Ranch Dressing
Wheat Crackers

Ham Patty
Mini Waffles **14**

Bacon/Egg/Cheese Boat **15**

Scrambled Eggs
Cinnamon Roll **16**

Breakfast Pizza **17**

NO
CLASS **18**

**Chex Mix

*(Persimmon)
Graham Crackers

**Pop Tart

*(Cranberry)
Banana

Pancake wrapped
Sausage Bites **21**

Boiled Eggs
Long John **22**

NO SCHOOL **23**

NO SCHOOL **24**

NO SCHOOL **25**

*(Apple Slices)

*(Sweet Potatoes)
w/Ranch Dressing
Goldfish Crackers

TEACHER
COLLABERATION

HAPPY THANKSGIVING

Sausage Links
Mini Pancakes **28**

Egg Taco **29**

Ham Patty
Mini French Toast **30**



**Scooby Snacks

*(Pear)

**Cereal