

# November 2017

Wake up Ell-Saline, Breakfast is ready!

## BREAKFAST

**Breakfast, The most important Meal of the Day!**  
Did you start your day off right?

**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Ell-Saline Is an Equal Opportunity Employer

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



WG Bagel  
w/ Cream Cheese **1**  
Apple Halves  
Fruit Juice  
Milk Choice

WG Cinnamon Roll **2**  
WG Cereal  
Tropical Fruit  
Fruit Juice  
Milk Choice

Breakfast Pizza **3**  
Grapes  
Fruit Juice  
Milk Choice

Whole Grain Cereal **6**  
String Cheese  
Apple Halves  
Fruit Juice  
Milk Choice

Pancake on a Stick **7**  
w/Syrup  
Apple Sauce  
Fruit Juice  
Milk Choice

Biscuit & Gravy **8**  
Banana  
Fruit Juice  
Milk Choice

Whole Grain Muffin **9**  
Pineapple  
Fruit Juice  
Milk choice

Sausage Sandwich **10**  
Tropical Fruit  
Fruit Juice  
Milk Choice

Whole Grain Cereal **13**  
Yogurt Cup  
Orange Halves  
Fruit Juice  
Milk Choice

Bagel & Cream Chees **14**  
Or ½ bagel and Cereal  
Apple Halves  
Fruit Juice  
Milk Choice

Egg Taco **15**  
Tomato Salsa  
Fruit Cup  
Fruit Juice  
Milk Choice

WG Cinnamon Roll **16**  
Diced Peaches  
Fruit Juice choice  
Milk Choice

WG French Toast Stic **17**  
Syrup Cup  
Orange Halves  
Fruit Juice Choice  
Milk Choice

Biscuit & Gravy **20**  
Sausage Patty  
Diced Peaches  
Fruit Juice  
Milk Choice

WG Bagel **21**  
w/ Cream Cheese  
Apple Halves  
Fruit Juice  
Milk Choice

**22**  
No School Today

**23**  
HAPPY  
THANKSGIVING

**24**  
No School Today



WG Cereal **27**  
WG Poptart  
Orange Halves  
Fruit Juice  
Milk Choice

WG Cinnamon Roll **28**  
WG Cereal  
Banana  
Fruit Juice  
Milk Choice

WG Waffles **29**  
w/ Syrup  
Apple Halves  
Fruit Juice  
Milk Choice

Egg Taco **30**  
Tomato Salsa  
Fruit Cocktail  
Fruit Juice  
Milk Choice

12/1  
Breakfast Pizza  
Pineapple Tidbits  
Fruit Juice  
Milk Choice