

# November 2018

## ELL-Saline Elementary

### BREAKFAST



**School Information:** Type your school information here.



**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.



### Monday



### Tuesday

### Wednesday



### Thursday

### Friday

Whole Grain Cereal  
Sausage patty  
Fresh Apple  
Fruit Juice, Milk Choice

5

Pancake on a Stick  
With Syrup  
Orange Halves  
Fruit Juice, Milk Choice

6

Whole Grain Muffin  
Cereal Choice  
Fruit Juice  
Milk Choice

7

Breakfast Pizza  
Diced Pears  
Fruit Juice  
Milk Choice

1

Biscuit & Gravy or Jelly  
Pineapple Tidbits  
Fruit Juice  
Milk Choice

2

Breakfast Pizza  
Diced Pears  
Fruit Juice  
Milk Choice

12

French Toast Sticks  
With Syrup  
Banana  
Fruit Juice  
Milk Choice

13

Cinnamon Roll  
Orange  
Fruit Juice  
Milk Choice

14

Excellent Egg Taco  
Tomato Salsa  
Pineapple Chunks  
Fruit Juice  
Milk Choice

15

Whole Grain Muffin  
Applesauce  
Fruit Juice  
Milk Choice

16

Whole grain Cereal  
Yogurt Cup  
Apple  
Fruit Juice  
Milk Choice

19

Whole Wheat Bagel  
w/Cream Cheese or Jelly  
Fruit Juice  
Milk Choice

20

No School Today

21

Happy Thanksgiving  
  
No School Today

22

No School Today

23

Chicken Biscuit Breakfast  
Sandwich  
Fruit Cocktail  
Fruit Juice  
Milk Choice

26

Pancake on a Stick  
Apple Quarters  
Fruit Juice  
Milk Choice

27

WG Cinnamon Roll  
Orange Halves  
Fruit Juice  
Milk Choice

28

Breakfast Pizza  
Diced Peaches  
Fruit Juice Choice  
Milk Choice

29

Whole Grain Muffin  
Cereal Choice  
Fruit Juice  
Milk Choice

30