



EGCSD Breakfast Menu K-8



November '21

Menu Subject to Change

Monday

Tuesday

Wednesday

Thursday

Friday

A	1) Pillsbury mini waffles Yummy goodness 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	2) Cereal bar 1 oz cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	3) Lender's bagel 1 oz cream cheese 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	4) Mini Pancakes Soft and tasty 100% Juice cup Fresh fruit or Light Fruit Cup Low Fat or Fat Free Milk	5) Pillsbury pull apart bagel Cream cheese filling 100% Juice cup Fresh fruit or Light Fruit cup Low Fat or Fat Free milk
B	8) Assorted Cereal Bowls 1 oz. cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	9) Pillsbury mini waffles Yummy goodness 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	10) Whole grain pop tart 1 oz cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	11) VETERANS DAY NO SCHOOL	12) Mini Pancakes Soft and tasty 100% Juice cup Fresh fruit or Light Fruit Cup Low Fat or Fat Free Milk
A	15) Cereal bar 1 oz cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	16) Pillsbury pull apart bagel Cream cheese filling 100% Juice cup Fresh fruit or Light Fruit cup Low Fat or Fat Free milk	17) Assorted Cereal Bowls 1 oz. cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	18) Whole grain muffin 1oz cheese stick Fresh Fruit, fruit cup or juice Low Fat or Fat Free Milk Half Day K-5	19) Pillsbury mini waffles Yummy goodness 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk
B	22) Whole grain pop tart 1 oz cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	23) Cereal bar 1 oz cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk	24) Thanksgiving Recess No School	25) Thanksgiving Recess No School	26) Thanksgiving Recess No School
A	29) Pillsbury pull apart bagel Cream cheese filling 100% Juice cup Fresh fruit or Light Fruit cup Low Fat or Fat Free milk	30) Assorted Cereal Bowls 1 oz. cheese stick 100% Juice cup Fresh Fruit or Light Fruit Cup Low Fat or Fat Free Milk			

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All meals include fresh fruit, 100% juice, low fat or fat free milk
We serve a variety of breakfast items:

All meals meet the Whole grain requirement