

November 2020

Resurrection Catholic Elementary School

BREAKFAST



Nutrition Tip: Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year. This institution is an equal opportunity provider.



Monday

Tuesday

Wednesday

Thursday

Friday

Sausage Biscuit
Cereal/Pop Tart
Fruit

2

French Toast Sticks
Cereal/Pop Tart
Fruit

3

Breakfast Burrito
Cereal/Pop Tart
Fruit

4

Breakfast Pizza
Cereal/Pop Tart
Fruit

5

Scrambled Eggs/Sausage
Toast
Cereal/Pop Tart
Fruit

6

Bacon-Egg-Cheese
Biscuit
Cereal/Pop Tart
Fruit

9

Cinna Mini
Cereal/Pop Tart
Fruit

10

Pancake on Stick
Cereal/Pop Tart
Fruit

11

Breakfast Burrito
Cereal/Pop Tart
Fruit

12

Grits/Sausage/Toast
Fruit

13

Chicken Biscuit
Cereal/Pop Tart
Fruit

16

Mini Pancakes/Sausage
Cereal/Pop Tart
Fruit

17

Breakfast Pizza
Cereal/Pop Tart
Fruit

18

French Toast Sticks
Cereal/Pop Tart
Fruit

19

Sausage Biscuit
Cereal/Pop Tart
Fruit

20

23

24

25

26

27

Bacon-Egg-Cheese
Biscuit
Cereal /Pop Tart
Fruit

30

