



BREAKFAST

NOVEMBER 2018 Peacham School

Meal Breakfast Prices:
Full Price Students, \$1.65;
Reduced and Free Price Students, No Cost;
Adults and non-students, A La Carte

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast is the most important meal of the day.

Overnight is the longest part of the day that your body doesn't refuel with food.

Eat a good breakfast for your mind and body.

Hard Boiled Egg
Cereal
English Muffin WW/WG
Juice
Fruit Bar
Milk

1

Granola Cookie
Cereal
Toast
Juice
Fruit Bar
Milk

2

Yogurt Parfait
Cereal
Juice
Fresh Whole Fruit
Milk

5

Waffles w/ Syrup
Cereal
Juice
Fresh Whole Fruit
Milk

6

Cinnamon Roll
Cereal
Cheese Stick
Juice
Fresh Whole Fruit
Milk

7

Breakfast Bar
Cereal
Yogurt
Granola
Fresh Whole Fruit
Juice
Milk

8

Muffin
Cereal
Juice
Fresh Whole Fruit
Milk

9

Scrambled Eggs
WW Toast
Cereal
Juice
Fresh Whole Fruit
Milk

12

Buttermilk Biscuit
W or W/O Sausage
Cereal
Juice
Fresh Whole Fruit
Milk

13

Muffin
Cereal
Juice
Fresh Whole Fruit
Milk

14

Sweet Bread
Cereal
Yogurt
Granola
Juice
Fresh Whole Fruit
Milk

15

Waffles w/ Syrup
Cereal
WW Toast
Juice
Fresh Whole Fruit
Milk

16

Bagels w/Cream Cheese
Cereal
Toast
Fresh Whole Fruit
Juice
Milk

19

Sweet Bread
Cereal
Juice
Fresh Whole Fruit
Milk

20

**Thanksgiving
recess begins today.**

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**Classes resume
November 26.**

**Happy
Thanksgiving**

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MY SCHOOL BUCKS
PAY FOR MEALS ONLINE
MySchoolBucks.com

Yogurt Parfait
Cereal
Juice
Fresh Whole Fruit
Milk

26

Waffles w/ Syrup
Cereal
Juice
Fresh Whole Fruit
Milk

27

Cinnamon Roll
Cereal
Cheese Stick
Juice
Fresh Whole Fruit
Milk

28

Breakfast Bar
Cereal
Yogurt
Granola
Fresh Whole Fruit
Juice
Milk

29

French Toast w/ Syrup
Cereal
Fresh Whole Fruit
Juice
Milk

30

This institution is an equal opportunity provider.

November 6, is an Early Release Day.

