

# November 2020

## SHELTON PUBLIC SCHOOL

### BREAKFAST



**School Information:** We are an equal opportunity provider. No school Nov. 26 thru 30 Thanksgiving break. No breakfast or lunch Nov. 25. Early out Grandparents Day.



**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.



Reference: USDA MyPlate

#### Monday

Wg pancakes  
Sausage patty  
Fruit  
Juice  
Milk

2

#### Tuesday

WG cereal choice  
PBJ sandwich  
Fruit  
Juice  
Milk

3

#### Wednesday

Low fat yogurt  
Ultimate Breakfast  
Round  
Fruit  
Juice  
Milk

4

#### Thursday

Wg cereal choice  
PBJ sandwich  
Fruit  
Juice  
Milk

5

#### Friday

Breakfast pizza  
Fruit  
Juice  
Milk

6

French toast  
Bacon strips  
Fruit  
Juice  
Milk

9

Wg cereal choice  
PBJ sandwich  
Fruit  
Juice  
Milk

10

Low fat Yogurt  
Wg Donut  
Fruit  
Juice  
Milk

11

WG cereal choice  
PBJ sandwich  
Fruit  
Juice  
Milk

12

Sausage Egg biscuit  
Fruit  
Juice  
Milk

13

Sausage gravy on biscuit  
Fruit  
Juice  
Milk

16

WG Cereal choice  
PBJ sandwich  
Fruit  
Juice  
Milk

17

Low fat yogurt  
Ultimate breakfast round  
Fruit  
Juice  
Milk

18

WG Cereal choice  
PBJ sandwich  
Fruit  
Juice  
Milk

19

Cheese Omelet  
Wg toast  
Fruit  
Juice  
Milk

20

Egg tac go  
Fruit  
Juice  
Milk

23

WG Cereal choice  
PBJ sandwich  
Fruit  
Juice  
Milk

24

No breakfast  
Grandparents day  
Early out

25

Thanksgiving Break  
No School

26

Thanksgiving Break  
No School

27

Teacher In-service  
No School

30

