

November 2020

Type Your School Name Here

BREAKFAST



Fleming School (Menu is Subject to change)
Milk & Fruit served daily (Juice 1-2 times per
week) Cereal variety provided daily.
This institution is an equal opportunity provider.



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

2

Muffin Variety
Fresh Fruit

9

16

Blueberry Vanilla Bites
Fresh Fruit

23

30

Tuesday

3

Cinnamon Roll
Fresh Fruit

10

Breakfast Burrito
Juice

17

Breakfast Pizza
Juice

24

Bagel w/Cream Cheese
Fresh Fruit

Wednesday

4

Pancake on a Stick
Fresh Fruit

11

Egg & Cheese Scramble
Fresh Fruit

18

Yogurt w/graham cracker
Fresh Fruit

25

Thanksgiving Break

Thursday

5

Cheese Omelet w/tortilla
Juice

12

Benefit Bar
Juice

19

French Toast Sticks
Fresh Fruit

26

Thanksgiving Break

Friday

6

Bacon, Egg & Cheese
Mc Muffin
Fresh Fruit

13

No School

20

Long John
Fresh Fruit

27

Thanksgiving Break

