

# November 2018

EVERGREEN K-8

BREAKFAST



Monday

Tuesday

Wednesday

Thursday

Friday



Fruit Parfait: Grahams,  
Yogurt & Strawberries  
Apples  
Milk

5

Breakfast Burrito  
Teddy Grahams  
Fruit  
Juice  
Milk

6

Waffles w/ Syrup  
Fruit  
Milk

7

Cereal  
Oat CC Bars  
Fruit  
Juice  
Milk

8

Breakfast Sandwich:  
English Muffin w/ Sausage  
Patty & Cheese  
Fruit  
Milk

9

Cereal  
Grahams  
Cottage Cheese  
Fruit  
Milk

12

Blueberry Bagel w/  
Cream Cheese & jelly  
Fruit  
Juice  
Milk

13

NO SCHOOL!!!

14

Cereal  
WW Toast w/ Cinnamon Sugar  
Fruit  
Juice  
Milk

15

Apple Oatmeal  
Blueberry Muffins  
Fruit  
Milk

16

Granola  
Flavored Yogurt  
Fruit  
Craisins  
Milk

19

French Toast w/ Syrup  
Fruit  
Juice  
Milk

20

NO SCHOOL!!!

21

HOLIDAY!!!

22

NO SCHOOL!!!

23

Star Spangled Pancakes  
w/ Yogurt & Strawberries  
Apples  
Milk

26

Critter Munch  
Oatmeal Strawberry Bars  
Fruit  
Juice  
Milk

27

Cereal  
Mini Donuts  
Fruit  
Milk

28

Breakfast Pita  
Gogurt  
Fruit  
Juice  
Milk

29

Cereal  
Pop Tarts  
Fruit  
Milk

30