



# BREAKFAST @SCHOOL

**For first-class learning!**

**DeKalb County School District**

Featuring  
Healthy Fruits  
& Grains!

**High School Breakfast  
November 2019**

*This institution is an equal opportunity provider.*

## NUTRITION TO GO

Some people blame the sleepiness they feel after Thanksgiving dinner on the turkey, which does contain a natural sedative known as tryptophan. But beef and chicken contain this substance, too. Post-meal drowsiness on Thanksgiving is caused by eating an unusually large, multi-course meal, NOT just by the turkey!

### A QUICK BITE FOR TEENS



#### Friday, November 1

**Great Beginnings**  
Scrambled Eggs With Turkey Bacon & Toast

Hot Cinnamon Roll

Assorted Cereal with Toast

**Fruity Delights (1-2):**  
Assorted Juice  
Applesauce

#### Monday, November 4

**Great Beginnings**  
Country Chicken Biscuit

Choice of Cereal with Toast

Breakfast Flatbread

**Fruity Delights (1-2):**  
Assorted Juice  
Seasonal Fresh Fruit

#### Tuesday, November 5



#### Wednesday, November 6

**Great Beginnings**  
Paradise Parfait

Turkey Sausage Biscuit

Morning Pastry to Go

With: Southern Grits

**Fruity Delights (1-2):**  
Assorted Juice  
Chilled Pears

#### Thursday, November 7

**Great Beginnings**  
Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

Pancake N Link

**Fruity Delights (1-2):**  
Assorted Juice  
Banana

#### Friday, November 8

**Great Beginnings**  
Choice of Cereal with Blueberry Muffin Bread

Turkey Sausage Biscuit

Island Parfait

**Fruity Delights (1-2):**  
Assorted Juice  
Applesauce



Choice of Milk Available with Every Meal

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**DeKalb County School District**  
**School Nutrition Services**  
**NOVEMBER 2019**

**Monday, November 11**

**Great Beginnings**

Choice of Cereal with Blueberry Muffin Bread

Turkey Sausage Biscuit

Chicken Biscuit

**Fruity Delights (1-2):**

Assorted Juice  
 Seasonal Fresh Fruit

**Tuesday, November 12**

**Great Beginnings**

Breakfast Pizza

Toasted Croissant with Jelly

Overnight Oats Extravaganza

**Fruity Delights (1-2):**

Assorted Juice  
 Sliced Peaches

**Wed., November 13**

**Great Beginnings**

Peaches N Cream Parfait

Turkey Sausage Biscuit

Morning Pastry To Go

With: Southern Grits

**Fruity Delights (1-2):**

Assorted Juice  
 Chilled Pears

**Thurs., November 14**

**Great Beginnings**

Maple French Toast Sticks with Turkey Sausage Link

Assorted Cereal with Blueberry Muffin Bread

Avocado Cheese Toast

**Fruity Delights (1-2):**

Assorted Juice  
 Banana

**Friday, November 15**

**Great Beginnings**

Scrambled Eggs with Turkey Bacon & Toast

Hot Cinnamon Roll

Assorted Cereal with Toast

**Fruity Delights (1-2):**

Assorted Juice  
 Applesauce

**Monday, November 18**

**Great Beginnings**

Country Chicken Biscuit

Choice of Cereal with Toast

Breakfast Flatbread

**Fruity Delights (1-2):**

Assorted Juice  
 Seasonal Fresh Fruit

**Tuesday, November 19**

**Great Beginnings**

Chicken & Waffle

Cinnamon Toast Crunch Pastry

Spinach & Cheese Omelet with Toast

**Fruity Delights (1-2):**

Assorted Juice  
 Sliced Peaches

**Wed., November 20**

**Great Beginnings**

Paradise Parfait

Turkey Sausage Biscuit

Morning Pastry to Go

With: Southern Grits

**Fruity Delights (1-2):**

Assorted Juice  
 Chilled Pears

**Thurs., November 21**

**Great Beginnings**

Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

Pancake N Link

**Fruity Delights (1-2):**

Assorted Juice  
 Banana

**Friday, November 22**

**Great Beginnings**

Choice of Cereal with Blueberry Muffin Bread

Turkey Sausage Biscuit

Island Parfait

**Fruity Delights (1-2):**

Assorted Juice  
 Applesauce

Choice of Milk is Available with Every Meal

*Happy Thanksgiving*

*From*

*DeKalb School Nutrition Services*

**Word of the Month**  
**re·spect**

*n.* 1. Consideration 2. Courteous appreciation for others' feelings

*v.* 1. To honor or hold in esteem 2. To show regard for someone or something



**ENJOY YOUR HOLIDAY!**  
**SEE YOU MONDAY,**  
**DECEMBER 2ND, 2019**