

# November 2022

## Middle/High Breakfast

MON	TUE	WED	THU	FRI
<b>31 Great Beginnings</b> Pancake N Link  Bagel with Cream Cheese  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>1 Great Beginnings</b> Turkey Sausage Biscuit  Raspberry Yogurt with Chocolate Muffin  <i>With: Southern Grits</i>  <b>Fruity Delights (1-2):</b> Assorted Juice Chilled Pears	<b>2 Great Beginnings</b> Breakfast Pizza  Cinnamon Pancakes  <b>Fruity Delights (1-2):</b> Assorted Juice Sliced Peaches  <b>PLASTIC FREE                      AWARENESS DAY</b>	<b>3 Great Beginnings</b> Chicken & Waffle  School Baked Cinnamon Roll  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>4 Great Beginnings</b> Scrambled Eggs /Biscuit With Turkey Bacon  Cinnamon Toast Crunch Pastry  <b>Fruity Delights (1-2):</b> Assorted Juice Applesauce
<b>7 Great Beginnings</b> Turkey Sausage Biscuit  Trix Cereal Bar with Raspberry Yogurt  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>8 Great Beginnings</b> 8  Independent Learning/ Professional Development Day	<b>9 Great Beginnings</b> Spinach & Cheese Omelet With Biscuit  WG Pancakes with Syrup  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>10 Great Beginnings</b> Spicy Chicken Biscuit  Apple Crisp Parfait  <i>With: Southern Grits</i>  <b>Fruity Delights (1-2):</b> Assorted Juice Chilled Pears	<b>11 Great Beginnings</b> French Toast with Turkey Sausage Links  Choice of Cereal with Biscuit  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit
<b>14 Great Beginnings</b> Pancake N Link  Bagel with Cream Cheese  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>15 Great Beginnings</b> Breakfast Pizza  Cinnamon Pancakes  <b>Fruity Delights (1-2):</b> Assorted Juice Sliced Peaches	<b>16 Great Beginnings</b> Turkey Sausage Biscuit  Raspberry Yogurt with Chocolate Muffin  <b>Fruity Delights (1-2):</b> Assorted Juice Chilled Pears	<b>17 Great Beginnings</b> Chicken & Waffle  School Baked Cinnamon Roll  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>18 Great Beginnings</b> Scrambled Eggs /Biscuit With Turkey Bacon  Cinnamon Toast Crunch Pastry  <i>With: Southern Grits</i>  <b>Fruity Delights (1-2):</b> Assorted Juice <b>F2S Apple</b>
 <p><i>Thanksgiving Break                      November 21-25, 2022</i></p> 				
<b>28 Great Beginnings</b> Turkey Sausage Biscuit  Choice of Cereal with Biscuit  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>29 Great Beginnings</b> Cheesy Scrambled Eggs with Toast  Morning Pastry to Go  <b>Fruity Delights (1-2):</b> Assorted Juice Sliced Peaches	<b>30 Great Beginnings</b> Spinach & Cheese Omelet with Biscuit  WG Pancakes with Syrup  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>1 Great Beginnings</b> Spicy Chicken Biscuit  Apple Crisp Parfait  <i>With: Southern Grits</i>  <b>Fruity Delights (1-2):</b> Assorted Juice Chilled Pears	<b>2 Great Beginnings</b> French Toast with Turkey Sausage Links  Choice of Cereal with Biscuit  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit

**This institution is an equal opportunity provider.  
 Milk available with all meals.**