

NOVEMBER | 2023



ONSTED HIGH/MIDDLE SCHOOL BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 BREAKFAST PIZZA	2 BREAKFAST BURRITO	3 MINI CINNAMON ROLLS
6 MINI PANCAKE SAUSAGE BITES	7 SAUSAGE, EGG CHEESE MUFFIN	8 BREAKFAST PIZZA	9 BREAKFAST BURRITO	10 CONFETTI PANCAKES
13 MINI PANCAKE SAUSAGE BITES	14 SAUSAGE, EGG CHEESE MUFFIN	15 BREAKFAST PIZZA	16 BREAKFAST BURRITO	17 CHOCOLATE CHIP PANCAKES
20 MINI PANCAKE SAUSAGE BITES	21 SAUSAGE, EGG CHEESE MUFFIN	22 BREAKFAST PIZZA 11:10 DISMISSAL	23 HAPPY THANKSGIVING	24 HAPPY THANKSGIVING
27 MINI PANCAKE SAUSAGE BITES 11:10 Dismissal	28 SAUSAGE, EGG CHEESE MUFFIN	29 BREAKFAST PIZZA	30 BREAKFAST BURRITO	1

News
Breakfast is served with Low Fat White or Chocolate Milk

Orange, Apple or Grape Juice

Students are required to take 3 items, one item must be a fruit

Variety of Fruits Rotating Daily

Oranges, Apples, Apple Slices, Bananas, Pears, Apple Sauce, Peach, Pear, Pineapple & Mandarin Orange Cups

High School Serving = 1 cup

Middle School Serving = ¾ cup

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