

November 2020

ALGOMA SCHOOL DISTRICT

BREAKFAST



Menu Subject to change dependent on availability. 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

Cereal
Fruit
Juice
Milk

2

Tuesday

French Toast sticks
Syrup
Fruit
Juice
Milk

3

Wednesday

Chocolate Bread
Fruit
Juice
Milk

4

Thursday

Butterscotch Oatmeal Bar
Fruit
Juice
Milk

5

Friday

Cinnamon Stick
Fruit
Juice
Milk

6

Cereal
Fruit
Juice
Milk

9

Strawberry Bagel
Fruit
Juice
Milk

10

Muffin
Fruit
Juice
Milk

11

Banana Pancake
Fruit
Juice
Milk

12

Poptarts
Fruit
Juice
Milk

13

Cereal
Fruit
Juice
Milk

16

Blueberry Waffle
Fruit
Juice
Milk

17

Yogurt
Cracker
Fruit
Juice
Milk

18

Confetti Pancakes
Fruit
Juice
Milk

19

Banana Bread
Fruit
Juice
Milk

20

23

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

Cereal
Fruit
Juice
Milk

30

