

# NOVEMBER 2021

## ALGOMA SCHOOL DISTRICT

### BREAKFAST



**School Information: Menu Subject to change dependent on availability. This institution is an equal opportunity provider.**



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and whole grain cereal 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.



#### MONDAY

Cereal  
Fruit  
Juice  
Milk

1

#### TUESDAY

Cinnamon Waffle  
Fruit  
Juice  
Milk

2

#### WEDNESDAY

PB & J  
Fruit  
Juice  
Milk

3

#### THURSDAY

Pumpkin Bread  
Fruit  
Juice  
Milk

4

#### FRIDAY

Cheese stick  
Cracker  
Fruit  
Juice  
Milk

5

Cereal  
Fruit  
Juice  
Milk

8

Blueberry Pancakes  
Fruit  
Juice  
Milk

9

Croissant Sandwich  
Fruit  
Juice  
Milk

10

Strawberry Bagel  
Fruit  
Juice  
Milk

11

Muffin  
Fruit  
Juice  
Milk

12

Cereal  
Fruit  
Juice  
Milk

15

Blueberry Bread  
Fruit  
Juice  
Milk

16

Poptart  
Fruit  
Juice  
Milk

17

Cereal Bar  
Fruit  
Juice  
Milk

18

Yogurt  
Cracker  
Fruit  
Juice  
Milk

19

NO SCHOOL

22

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

26

Cereal  
Fruit  
Juice  
Milk

29

Cinnamon Bagel  
Fruit  
Juice  
Milk

30

