



Leonora Public Schools

November 2017
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast
\$1.70

Adult Breakfast
\$2.20

Reduced Breakfast
\$0.30




take time for
**school
BREAKFAST**



NUTRITION NEWS:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!



Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Try to fill at least half your plate with fruits and vegetables!</p>	<p>1 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	<p>2 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	<p>3 Breakfast Burrito Assorted Fruit 100% Juice Milk Selection</p>
<p>6 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection</p>	<p>7 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	<p>8 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	<p>9 NJEA Convention School Closed</p>	<p>10 NJEA Convention School Closed</p>
<p>13 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection</p>	<p>14 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	<p>15 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	<p>16 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	<p>17 Breakfast Burrito Assorted Fruit 100% Juice Milk Selection</p>
<p>20 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection</p>	<p>21 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	<p>22 Half Day Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	<p>23 Happy Thanksgiving!</p>	
<p>27 Pancakes with Sausage Assorted Fruit 100% Juice Milk Selection</p>	<p>28 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	<p>29 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	<p>30 Assorted Breakfast Sandwiches Assorted Fruit 100% Juice Milk Selection</p>	

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MENU SUBJECT TO CHANGE

Food Services, Inc.

"This institution is an equal opportunity provider"