

# November 2020

## SS. Andrew-Thomas School

### BREAKFAST



What do you get if you divide the circumference of a jack-o-lantern by its diameter?

*Pumpkin pi!*



**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

Scrambled Eggs  
Toast  
Yogurt  
Choice of milk or juice

2

### Tuesday

Cocoa Wheat Cereal  
Nutrigrain Bar  
Gogurt  
Choice of milk or juice

3

### Wednesday

Choice of cereal  
Fruit  
Yogurt  
Choice of milk or juice

4

### Thursday

Waffles  
Fruit  
Yogurt  
Choice of milk or juice

5

### Friday

Pancakes  
Sausage Links  
Gogurt  
Choice of milk or juice

6

Choice of cereal  
Pop Tarts  
Yogurt  
Choice of milk or juice

9

Homemade Muffins  
Fruit  
Gogurt  
Choice of milk or juice

10

Boiled Egg  
English Muffin  
Yogurt  
Choice of milk or juice

11

Choice of cereal  
Toast  
Yogurt  
Choice of milk or juice

12

No School

13

Bagels  
Fruit  
Yogurt  
Choice of milk or juice

16

Scrambled Eggs  
Toast  
Yogurt  
Choice of milk or juice

17

Choice of cereal  
Nutrigrain Bar  
Gogurt  
Choice of milk or juice

18

Chocolate Filled Crescent  
Fruit  
Yogurt  
Choice of milk or juice

19

Pancakes  
Sausage Links  
Gogurt  
Choice of milk or juice

20

Choice of cereal  
Toast  
Yogurt  
Choice of milk or juice

23

Waffles  
Fruit  
Yogurt  
Choice of milk or juice

24

Oatmeal  
Pop Tarts  
Gogurt  
Choice of milk or juice

25

Thanksgiving

26

No School

27

Homemade Muffins  
Fruit  
Yogurt  
Choice of milk or juice

30

