



# PCS Elementary Breakfast

November 2017

**30**  
**Triple Berry French Toast Minis**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Banana, Diced Pears  
 Orange Juice

**31**  
**Turkey Pancake Wrap**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Orange, Mixed Fruit  
 Apple Juice

**1**  
**Egg & Cheese Omelet, Hashbrown**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Apple, Raisins  
 Orange Juice

**2**  
**Chicken Biscuit**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Orange, Applesauce Cup  
 Fruit Juice

**3**  
**Breakfast Pizza**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Sliced Apples, Diced Peaches  
 Grape Juice

**6**  
**Triple Berry French Toast Minis**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Banana, Diced Pears  
 Orange Juice

**7**  
**Glazed Cinnamon Roll**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Orange, Mixed Fruit  
 Apple Juice

**8**  
**Egg & Cheese English Muffin**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Apple, Raisins  
 Orange Juice

**9**  
**Pancakes, Syrup**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Orange, Cinn Applesauce Cup  
 Fruit Juice

**10**  
  
**VETERANS DAY**  
 HONORING ALL WHO SERVED

**13**  
**Apple Frudel**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Banana, Diced Pears  
 Orange Juice

**14**  
**Turkey Pancake Wrap**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Orange, Mixed Fruit  
 Apple Juice

**15**  
**Breakfast Pizza**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Apple, Raisins  
 Orange Juice

**16**  
**Egg & Cheese English Muffin**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Orange, Strawberry Applesauce Cup  
 Fruit Juice

**17**  
**Triple Berry French Toast Minis**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Sliced Apples, Diced Peaches  
 Grape Juice

**20**  
**Pancakes, Syrup**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Banana, Diced Pears  
 Orange Juice

**21**  
**Chicken, Egg & Cheese Wrap**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Orange, Mixed Fruit  
 Apple Juice

**22**  


**23**

**24**

**27**  
**Vanilla Glazed Donut**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Banana, Diced Pears  
 Orange Juice

**28**  
**Cheesy Scrambled Eggs & Bacon**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Orange, Mixed Fruit  
 Apple Juice

**29**  
**Triple Berry French Toast Minis**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Apple, Raisins  
 Orange Juice

**30**  
**Breakfast Pizza**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Whole Orange, MangoPeach Applesauce Cup  
 Fruit Juice

**1**  
**Country Biscuit & Gravy**  
 Assorted Cereals, Poptarts, Yogurt  
 Whole Grain Toast

*side items*  
 Sliced Apples, Diced Peaches  
 Grape Juice

**Breakfast: 1 Fruit + a minimum of 2 other components**

**Offered Daily**

Assorted Whole Grain Cereals, Pop-tarts, Breads, Assorted Milk Options, Alternating Whole Fruits, Cut Fruits, and Fruit Juices



Visit us online at [pender.schoolish.com](http://pender.schoolish.com)