

# November School Breakfast Menu

| Sun   | Mon   | Tue  | Wed   | Thu  | Fri  | Sat |
|---|---|--|---|--|--|-----|
| <p><b>All Breakfasts except 4K student meal are served with the students choice of 1%, Skim or Chocolate Milk</b></p> | <p><b>Follow us on Facebook:</b></p> <p><b>@TRSDFoodService</b></p>   | <p><u>The School Value Breakfast Meal consists of the following Items.</u></p> <ol style="list-style-type: none"> <li>Meat /Whole Grain Rich options</li> <li>Fruit</li> <li>Milk Choices</li> </ol> <p>All For One Low Price!</p> | <p><b>1 Breakfast:</b> Breakfast Burrito<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Salsa, Diced Pears &amp; Orange Juice</p>         | <p><b>2 Breakfast:</b> French Toast Sticks w/ Syrup<br/><b>or</b><br/>Ultimate Breakfast Round<br/><b>Side Options:</b><br/>Fruit Cocktail, Banana &amp; Orange Juice</p>    | <p><b>3 Breakfast:</b> Egg &amp; Cheese Wrap<br/><b>or</b><br/>Pop Tart w/ Cheese Stick<br/><b>Side Options:</b><br/>Apple Sauce Cup, Grape Clusters &amp; Orange Juice</p>  |     |
| <p><b>All 4K breakfast meals are served with a choice of 1% low-fat or non-fat Milk</b></p>                           | <p><b>6 Breakfast:</b> Cinnamon Roll<br/><b>or</b><br/>Assorted Cereal w/Cheese Stick<br/><b>Side Options:</b><br/>Mixed Fruit, &amp; Apple Juice</p>           | <p><b>7 Breakfast:</b> Pancakes w/ Syrup<br/><b>or</b><br/>Ultimate Breakfast Rounds<br/><b>Side Options:</b><br/>Apple Sauce Cup, Peaches &amp; Orange Juice</p>  | <p><b>8 Breakfast:</b> French Toast Sticks w/ Syrup<br/><b>or</b><br/>Pop Tart w/ Cheese Stick<br/><b>Side Options:</b><br/>Strawberry Cup, Banana &amp; Apple Juice</p>  | <p><b>9 Breakfast:</b> Ham &amp; Cheese Breakfast Bar<br/><b>or</b><br/>Ultimate Breakfast Round<br/><b>Side Options:</b><br/>Apple Sauce Cup, Pears &amp; Orange Juice</p>  | <p><b>10 Breakfast:</b> Breakfast Bagel Pizza<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Mixed Fruit, Apple Sauce &amp; Orange Juice</p> |     |
|   | <p><b>13 Breakfast:</b> Pancake Wrap<br/><b>or</b><br/>Pop Tart w/ Cheese Stick<br/><b>Side Options:</b><br/>Peaches &amp; Apple Juice</p>                      | <p><b>14 Breakfast:</b> Breakfast Sandwich<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Apple Sauce Cup, Peaches &amp; Orange Juice</p>  | <p><b>15 Breakfast:</b> Waffles w/ Syrup<br/><b>or</b><br/>Pop Tart w/ Cheese Stick<br/><b>Side Options:</b><br/>Strawberries, Banana &amp; Apple Juice</p>               | <p><b>16 Breakfast:</b> Ham &amp; Cheese Breakfast Bar<br/><b>or</b><br/>Ultimate Breakfast Round<br/><b>Side Options:</b><br/>Apple Sauce Cup, Pears &amp; Orange Juice</p> | <p><b>17 Breakfast:</b> Jump Start Kit<br/><b>or</b><br/>Banana Muffin<br/><b>Side Options:</b><br/>Mixed Fruit, Banana &amp; Orange Juice</p>                               |     |
|   | <p><b>20 Breakfast:</b> Breakfast Pizza<br/><b>or</b><br/>Pop Tart w/ Cheese Stick<br/><b>Side Options:</b><br/>Mixed Fruit, Apple Sauce &amp; Orange Juice</p> | <p><b>21 Breakfast:</b> Pancakes<br/><b>or</b><br/>Ultimate Breakfast Round<br/><b>Side Options:</b><br/>Strawberries, Banana &amp; Apple Juice</p>  | <p><b>22</b></p> <p><b>No School</b></p>  | <p><b>22</b></p> <p><b>No School</b></p>   | <p><b>24</b></p> <p><b>No School</b></p>   |     |
| <p><b>Al a Carte Breakfast Options Available for all Students 5th–12th Grades</b></p>                                 | <p><b>27 Breakfast:</b> Waffles w/ Syrup<br/><b>or</b><br/>Ultimate Breakfast Round<br/><b>Side Options:</b><br/>Strawberries, Banana &amp; Apple Juice</p>     | <p><b>28 Breakfast:</b> Ham &amp; Cheese Breakfast Bar<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Apple Sauce Cup, Peaches &amp; Orange Juice</p>  | <p><b>29 Breakfast:</b> Pop Tart w/ Cheese Stick<br/><b>or</b><br/>Ultimate Breakfast Round<br/><b>Side Options:</b><br/>Mixed Fruit, Apple Slices &amp; Orange Juice</p> | <p><b>30 Breakfast:</b> Pancake Wrap<br/><b>or</b><br/>Assorted Cereal w/ Cheese Stick<br/><b>Side Options:</b><br/>Strawberries &amp; Apple Juice</p>                       |  |     |