

November 2018

MERIT ACADEMY

BREAKFAST



This institution is an equal opportunity provider.

We serve cereal or a main dish along with milk, fruit and juice with every breakfast meal.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



5
Pop Tart

6
Pancake on a Stick

7
Parfait

1
Bagels Variety

2
Breakfast Cookie Yogurt

12
Pop Tart

13
Breakfast Burrito

14
Waffles

15
Biscuit with Sausage and Gravy

16
Bagels Variety

19
Pop Tart

20
Muffin Variety Yogurt

NO SCHOOL TODAY

HAPPY THANKSGIVING!

20
BLACK FRIDAY

26
Pop Tart

27
French Toast Sticks

28
Breakfast Cookie Yogurt

29
Sausage Links Hash brown / Toast

Muffin Variety Yogurt