

NOVEMBER 2021

Elk City Public Schools

BREAKFAST



School Information:

Thanksgiving Break is November 22-26th. Menus are subject to change. We appreciate your understanding of this as it is getting extremely hard to get items we need for our meals.



November 9 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and whole grain cereal 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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Combo Bars
Toast
Assorted Fruit
Milk Choice

1

Breakfast Burritos
Salsa
Assorted Fruit
Milk Choice

2

Benefit Bars
Oatmeal (Elem.)
Assorted Fruit
Milk Choice

3

Cinnamon Rolls
Assorted Fruit
Milk Choice

4

Professional Development Day

5

NO SCHOOL

Pancake on a Stick
Syrup
Assorted Fruit
Milk Choice

8

Yogurt Parfait
Assorted Fruit
Milk Choice

9

Honey Chicken Biscuit
Assorted Fruit
Milk Choice

10

Veterans Day
Scrambled Eggs
Bacon & Toast
Assorted Fruit
Milk Choice

11

Biscuit and Gravy
Assorted Fruit
Milk Choice

12

French Toast Sticks
Syrup
Assorted Fruit
Milk Choice

15

Waffles
Syrup
Assorted Fruit
Milk Choice

16

Sausage/Bacon and Cheese
Biscuit
Assorted Fruit
Milk Choice

17

Cheese Omelet w/ Toast
Salsa
Assorted Fruit
Milk Choice

18

Donuts
Assorted Fruit
Milk Choice

19

NO SCHOOL

22

An option of cereal and toast is available daily. This institution is an equal opportunity provider.

HAVE A

23

HAPPY

24

THANKSGIVING

25

BREAK!

26

Pancake on a Stick
Syrup
Assorted Fruit
Milk Choice

29

Muffins
Yogurt Parfait
Assorted Fruit
Milk Choice

29

