



# BREAKFAST

## NOVEMBER 2020 Continental Elementary

Breakfast is considered an important meal because, it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

Monday

Tuesday

Wednesday

Thursday

Friday

**2**  
Pancakes  
Grape Juice  
Variety of Milk

**3**  
Fruity Yogurt  
Graham Crackers  
Variety of Milk

**4**  
Egg /Cheese Omelet  
Peaches  
Variety of Milk

**5**  
Breakfast Burrito  
Apple Juice  
Variety of Milk

**6**  
French Toast  
Orange Juice  
Variety of Milk

**9**  
Super Donut  
Peaches  
Variety of Milk

**10**  
Oatmeal Cookies  
Orange Juice  
Variety of Milk

**11**  
**Veterans Day!**  
**No School**

**12**  
Egg /Cheese Sandwich  
Peaches  
Variety of Milk

**13**  
Pancakes  
Grape Juice  
Variety of Milk

**16**  
Breakfast Pizza  
Fresh Fruit  
Variety of Milk

**17**  
Pancakes  
Orange Juice  
Variety of Milk

**18**  
Brownies  
Applesauce  
Variety of Milk

**19**  
Breakfast Burrito  
Apple Juice  
Variety of Milk

**20**  
Chocolate Chip Muffin  
Strawberries  
Variety of Milk

**23**  
**Thanksgiving Break!**  
**NO SCHOOL**

**24**  
**Thanksgiving Break!**  
**NO SCHOOL**

**25**  
**Thanksgiving Break!**  
**NO SCHOOL**



**27**  
**Thanksgiving Break!**  
**NO SCHOOL**

**30**  
Breakfast Pizza  
Grape Juice  
Variety of Milk



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