

**November 2018
Prairie Wind Middle School
Breakfast Menu**



All meals include choice of
Chocolate Skim, 1% or Skim Milk

			1 Breakfast Pizza Fruit Juice Milk	2 Yogurt Parfait Fruit Juice Milk
5 Cereal Bar or Cold Cereal Cheese Stick Fruit Juice Milk	6 Breakfast Sandwich Fruit Juice Milk	7 Mini Pancakes Syrup Fruit Juice Milk	8 Sausage & Cheese Breakfast Sandwich Fruit/Juice Milk	9 Mini Donuts Cheese Stick Fruit Juice Milk
12 Muffin or Cold Cereal Yogurt Fruit Juice Milk	13 French Toast Sticks/Syrup Sausage Link Fruit Juice Milk	14 Breakfast Pizza Fruit Juice Milk	15 Cinnamon Roll Fruit Juice Milk	16 Cinni-Minis Fruit Juice Milk
19 Cereal Bar or Cold Cereal Cheese Stick Fruit Juice Milk	20 Breakfast Pizza Fruit Juice Milk	21 French Toast Sticks/Syrup Sausage Link Fruit Juice Milk	22 NO SCHOOL THANKSGIVING BREAK	23 NO SCHOOL THANKSGIVING BREAK
26 NO SCHOOL TEACHER WORKSHOP	27 Biscuits & Gravy Fruit Juice Milk	28 Donut Cheese Stick Fruit Juice Milk	29 Dutch Waffle Fruit Juice Milk	30 French Toast Sticks/Syrup Fruit Juice Milk

OFFER

Cold Cereal will be
offered daily

FYI

**MENUS
SUBJECT TO
CHANGE**

Nutrition Fact

Start your day
right with a
healthy
breakfast