

November 2017

Pekin Community School District

BREAKFAST



This Menu is subject to change. We will continue to update and keep as accurate as possible.
Low Fat and Skim Milk offered daily.



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



CINNAMON ROLLS **1**
YOGURT
FRUIT CHOICE/ JUICE CHOICE

CHEESY EGG OMELET **2**
WG TOAST
FRUIT CHOICE/ JUICE CHOICE

3
NO SCHOOL

6
NO SCHOOL

SAUSAGE PATTY **7**
BISCUIT
FRUIT CHOICE/ JUICE CHOICE

SCRAMBLED EGGS **8**
WG TOAST
FRUIT CHOICE/JUICE CHOICE

WG POP TART **9**
STRING CHEESE
FRUIT CHOICE/JUICE CHOICE

FRENCH TOAST **10**
YOGURT
FRUIT CHOICE/JUICE CHOICE

WG DONUT HOLES **13**
STRING CHEESE
FRUIT CHOICE/JUICE CHOICE

WG CEREAL **14**
YOGURT
FRUIT CHOICE/JUICE CHOICE

BREAKFAST PIZZA **15**
CINNAMON BUNS
FRUIT CHOICE/JUICE CHOICE

WG PANCAKE **16**
SAUSAGE
FRUIT CHOICE/JUICE CHOICE

EGG PATTY **17**
WG TOAST
FRUIT CHOICE/JUICE CHOICE

CEREAL BAR **20**
STRING CHEESE
FRUIT CHOICE/JUICE CHOICE

FRENCH TOAST **21**
YOGURT
FRUIT CHOICE/JUICE CHOICE

22
NO SCHOOL

23
NO SCHOOL

24
NO SCHOOL

EGG PATTY **27**
WG TOAST
FRUIT CHOICE/JUICE CHOICE

SAUSAGE **28**
BAGEL
FRUIT CHOICE/JUICE CHOICE

WG CEREAL **29**
YOGURT
FRUIT CHOICE/JUICE CHOICE

SCRAMBLED EGGS **30**
WG TOAST
FRUIT CHOICE/JUICE CHOICE

