

# NOVEMBER 2021

## LYERLY ELEMENTARY SCHOOL

### BREAKFAST



**Cafeteria Manager: Jessica Cabe**

**Menu is subject to change due to product availability.**



**November 25 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.

*This institution is an equal opportunity provider.*



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

TEACHER WORKDAY

2

Chicken Biscuit OR  
Egg/Cheese Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

3

Breakfast Pizza OR  
Sausage Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

4

Syrup Day OR Muffin OR  
Cereal & Toast  
Fruit  
Juice  
Milk

5

Gravy Biscuit OR  
Bacon/Egg/Chz Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

8

Steak Biscuit OR  
Bacon Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

9

Chicken Biscuit OR  
Egg/Cheese Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

10

Breakfast Pizza OR  
Sausage Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

11

Syrup Day OR Muffin OR  
Cereal & Toast  
Fruit  
Juice  
Milk

12

Gravy Biscuit OR  
Bacon/Egg/Chz Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

15

Steak Biscuit OR  
Bacon Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

16

Chicken Biscuit OR  
Egg/Cheese Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

17

Breakfast Pizza OR  
Sausage Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

18

Syrup Day OR Muffin OR  
Cereal & Toast  
Fruit  
Juice  
Milk

19

Gravy Biscuit OR  
Bacon/Egg/Chz Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

22

THANKSGIVING BREAK

23

THANKSGIVING BREAK

24

THANKSGIVING BREAK

25

THANKSGIVING BREAK

26

THANKSGIVING BREAK

29

Steak Biscuit OR  
Bacon Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

30

Chicken Biscuit OR  
Egg/Cheese Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

