

# NOVEMBER 2021

# SUMMERVILLE MIDDLE SCHOOL

## BREAKFAST



**Cafeteria Manager: Sherri Whitlock**



**Menu 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. *USDA is an equal opportunity provider.*



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

TEACHER WORKDAY

1

Breakfast Pizza OR  
Muffin OR Pop-Tart  
OR Cereal/Cereal Bar  
Fruit  
Juice  
Milk

2

Chicken Biscuit OR  
Muffin OR Pop-Tart  
OR Cereal/Cereal Bar  
Fruit  
Juice  
Milk

3

Syrup Day OR  
Cereal/Cereal Bar  
Fruit  
Juice  
Milk

4

Cereal/Cereal Bar OR  
Bacon, Egg, Cheese Biscuit  
Fruit  
Juice  
Milk

5

Sausage Biscuit OR  
Gravy Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

8

Breakfast Pizza OR  
Muffin OR Pop-Tart  
OR Cereal/Cereal Bar  
Fruit  
Juice  
Milk

9

Chicken Biscuit OR  
Muffin OR Pop-Tart  
OR Cereal/Cereal Bar  
Fruit  
Juice  
Milk

10

Syrup Day OR  
Cereal/Cereal Bar  
Fruit  
Juice  
Milk

11

Cereal/Cereal Bar OR  
Bacon, Egg, Cheese Biscuit  
Fruit  
Juice  
Milk

12

Sausage Biscuit OR  
Gravy Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

15

Breakfast Pizza OR  
Muffin OR Pop-Tart  
OR Cereal/Cereal Bar  
Fruit  
Juice  
Milk

16

Chicken Biscuit OR  
Muffin OR Pop-Tart  
OR Cereal/Cereal Bar  
Fruit  
Juice  
Milk

17

Syrup Day OR  
Cereal/Cereal Bar  
Fruit  
Juice  
Milk

18

Cereal/Cereal Bar OR  
Bacon, Egg, Cheese Biscuit  
Fruit  
Juice  
Milk

19

THANKSGIVING BREAK

22

THANKSGIVING BREAK

23

THANKSGIVING BREAK

24

THANKSGIVING BREAK

25

THANKSGIVING BREAK

26

Sausage Biscuit OR  
Gravy Biscuit OR  
Cereal & Toast  
Fruit  
Juice  
Milk

29

Breakfast Pizza OR  
Muffin OR Pop-Tart  
OR Cereal/Cereal Bar  
Fruit  
Juice  
Milk

30

