

NOVEMBER 2021

LEROY MASSEY ELEMENTARY SCHOOL

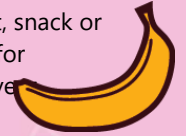
BREAKFAST



Cafeteria Manager: Terri Maynor

Menu subject to change

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

**TEACHER WORKDAY
NO SCHOOL**

1

Biscuit w/ meat OR
Pop-Tart OR
Cereal OR Cereal Bar
Fruit
Juice & Milk

2

French Toast w/ syrup OR
Pop-Tart OR
Cereal OR Cereal Bar
Fruit
Juice & Milk

3

Biscuit w/ meat OR
Cereal OR
Pop-Tart OR
Cereal Bar
Fruit
Juice & Milk

4

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

5

Muffin OR Honey Bun OR
Donuts OR Pop-Tart OR
Cereal/Cereal Bar OR Yogurt
Fruit
Juice & Milk

8

Biscuit w/ meat OR
Pop-Tart OR
Cereal OR Cereal Bar
Fruit
Juice & Milk

9

Pancake Stix w/ syrup OR
Pop-Tart OR
Cereal OR Cereal Bar
Fruit
Juice & Milk

10

Biscuit w/ meat OR
Cereal OR
Pop-Tart OR
Cereal Bar
Fruit
Juice & Milk

11

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

12

Muffin OR Honey Bun OR
Donuts OR Pop-Tart OR
Cereal/Cereal Bar OR Yogurt
Fruit
Juice & Milk

15

Biscuit w/ meat OR
Pop-Tart OR
Cereal OR Cereal Bar
Fruit
Juice & Milk

16

Waffle w/ Syrup OR
Pop-Tart OR
Cereal OR Cereal Bar
Fruit
Juice & Milk

17

Biscuit w/ meat OR
Cereal OR
Pop-Tart OR
Cereal Bar
Fruit
Juice & Milk

18

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

19

THANKSGIVING BREAK

22

THANKSGIVING BREAK

23

THANKSGIVING BREAK

24

THANKSGIVING BREAK

25

THANKSGIVING BREAK

26

Muffin OR Honey Bun OR
Donuts OR Pop-Tart OR
Cereal/Cereal Bar OR Yogurt
Fruit
Juice & Milk

29

Biscuit w/ meat OR
Pop-Tart OR
Cereal OR Cereal Bar
Fruit
Juice & Milk

29

