

November 2017

GERONIMO JUNIOR/SENIOR HIGH

BREAKFAST



School Information: FRUIT, JUICE, MILK SERVED 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 ROLL
CASSEROLE
CEREAL **1**

PIG IN BLANKET
CEREAL **2**

SAUSAGE
BISCUIT
GRAVY **3**

CHEESE EGGS
SAUSAGE
CEREAL **6**

CEREAL
POP TART **7**

BAGEL
CREAM CHEESE
CEREAL **8**

BREAKFAST
CRISPITO **9**

BISCUIT
GRAVY
BACON **10**

HAM, EGG
CHEESE BOWL
BISCUIT **13**

CEREAL
YOGURT **14**

BREAKFAST
PIZZA
CEREAL **15**

MUFFIN
CEREAL **16**

SAUSAGE
BISCUIT
GRAVY **17**

NO SCHOOL **20**

NO SCHOOL **21**

NO SCHOOL **22**

NO SCHOOL **23**

NO SCHOOL **24**

SCRAMBLED
EGGS
BISCUIT
GRAVY **27**

CEREAL
POP TART **28**

OATMEAL
CINNAMON TOAST
CEREAL **29**

PANCAKE ON A
STICK
YOGURT
CEREAL **30**

