

# November 2018

## BROOKELAND ISD BREAKFAST

### BREAKFAST



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



**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



MENU SUBJECT TO CHANGE



BISCUIT  
SAUSAGE  
CEREAL  
FRUIT  
JUICE  
MILK

SCRAMBLED EGG  
TOAST  
CEREAL  
FRUIT  
JUICE  
MILK

SAUSAGE ROLL  
CEREAL  
FRUIT  
JUICE  
MILK

FRENCH TOAST  
CEREAL  
FRUIT  
JUICE  
MILK

MINI CINNIS  
CEREAL  
FRUIT  
JUICE  
MILK

BREAKFAST PIZZA  
CEREAL  
FRUIT  
JUICE  
MILK

HONEY BUN  
CEREAL  
FRUIT  
JUICE  
MILK

SAUSAGE BISCUIT  
CEREAL  
FRUIT  
JUICE  
MILK

EGG OMELET  
CEREAL  
FRUIT  
JUICE  
MILK

PANCAKES  
CEREAL  
FRUIT  
JUICE  
MILK

OATMEAL  
TOAST  
FRUIT  
JUICE  
MILK

MUFFIN  
CEREAL  
FRUIT  
JUICE  
MILK

HOLIDAY

HOLIDAY

HOLIDAY

HOLIDAY

HOLIDAY

BREAKFAST PIZZA  
CEREAL  
FRUIT  
JUICE  
MILK

FRENCH TOAST  
CEREAL  
FRUIT  
JUICE  
MILK

EGG OMELET  
CEREAL  
FRUIT  
JUICE MILK

BREAKFAST BURRITO  
CEREAL  
FRUIT  
JUICE  
MILK

DANISH  
CEREAL  
FRUIT  
JUICE  
MILK