

November 2016

LEAD HILL TIGER CAFÉ

BREAKFAST



We are an Offer vs. Serve school. We offer a variety of milk. USDA is an Equal Opportunity Provider and Employer. Happy Thanksgiving.



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



BURRITO
FRUIT JUICE
MILK

1

SAUSAGE AND BISCUIT
FRUIT JUICE
MILK

2

FRUDEL
FRUIT JUICE
MILK

3

BISCUIT/GRAVY
FRUIT JUICE
MILK

4

YOGURT/
GRANOLA
FRUIT JUICE
MILK

7

PANCAKE PUP
FRUIT JUICE
MILK

8

SAUSAGE AND BISCUIT
FRUIT JUICE
MILK

9

PIZZA
FRUIT JUICE
MILK

10

BISCUIT/GRAVY
FRUIT JUICE
MILK

11

COMBO BAR
FRUIT JUICE
MILK

14

TORNADO
FRUIT JUICE
MILK

15

SAUSAGE AND BISCUIT
FRUIT JUICE
MILK

16

SAUSAGE ROLL
FRUIT JUICE
MILK

17

BISCUIT/GRAVY
FRUIT JUICE
MILK

18

POPART
FRUIT JUICE
MILK

21

CEREAL GRAHAM CRACKER
FRUIT JUICE
MILK

22

THANKSGIVING BREAK

23

THANKSGIVING BREAK

24

THANKSGIVING BREAK

25

FRENCH TOAST
FRUIT JUICE
MILK

28

PIZZA
FRUIT JUICE
MILK

29

SAUSAGE AND BISCUIT
FRUIT JUICE
MILK

30

