



November 2020: Breakfast



NUTRITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	09 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	10 Scrambled eggs and bacon Fruit 1% Milk LF Chocolate Milk	11	12 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	13 oatmeal Fruit 1% Milk	
	16 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	17 Scrambled eggs and bacon Fruit 1% Milk LF Chocolate Milk	18 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	19 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	20 Pancakes W/Syrup Fruit 1% Milk	
	23 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	24 Scrambled eggs and bacon Fruit 1% Milk				
	30 Breakfast Pizza fruit 1% Milk LF Chocolate Milk					