

**BREAKFAST**

**NOVEMBER 2018**  
ELEMENTARY

Students 1.50 Adults 2.00  
All meals include milk & unlimited fruit, choice of string cheese, yogurt or eggs

Every Breakfast comes with a choice of protein and Fruit

Monday

Tuesday

Wednesday

Thursday

Friday



No school <sup>1</sup>  
Conference day

No school <sup>2</sup>  
Conference day

<sup>5</sup>  
Zucchini Bread  
or  
Cereal

<sup>6</sup>  
Berry Pancake w/ sausage  
or  
Cereal

<sup>7</sup>  
Breakfast Tornado  
or  
Cereal

<sup>8</sup>  
Yogurt Parfait w/ granola  
and berries  
Or  
Cereal

<sup>9</sup>  
Cinnamon Rolls  
Or  
Cereal



<sup>12</sup>  
French Toast & sausage  
Or  
Cereal

<sup>13</sup>  
Egg and cheese burrito  
Or  
Cereal

<sup>14</sup>  
Breakfast Tornado  
Or  
Cereal

<sup>15</sup>  
Cinnamon Rolls  
Or  
Cereal

<sup>19</sup>  
Fruit Muffins  
Or  
Cereal

<sup>20</sup>  
Scramble eggs & cheese  
hash browns  
Or  
Cereal

<sup>21</sup>  
No school



<sup>22</sup>  
No school

<sup>26</sup>  
Zucchini Bread  
Or  
Cereal

<sup>27</sup>  
Berry Pancakes  
Sausage  
Or  
Cereal

<sup>28</sup>  
Breakfast Tornado  
or  
Cereal

<sup>29</sup>  
Yogurt Parfait w/ granola  
and berries  
Or  
Cereal

<sup>30</sup>  
Cinnamon Rolls  
Or  
Cereal

All meals meet the Federal Healthy Hunger free kids act of America  
You may pay on your students account or apply for benefits at any school office or online on the school district web site  
<http://www.ashland.k12.or.us/foodservices> and [www.mymealtime.com](http://www.mymealtime.com) to track your students account.