

# November 2017

## Logan-Magnolia School

### BREAKFAST



Toast & Cereal and Poptart & Yogurt are offered with Juice, Milk and Fruit daily. Menu items subject to change. **EQUAL OPPORTUNITY EMPLOYER**



**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



WG Donut 1

WG Pancakes 2

Grab & Go 3

WG Muffin 6

WG Breakfast Wrap 7

WG Breakfast Pizza 8

Sausage, Omelet & WG Toast 9

Grab & Go 10

WG Waffles 13

WG Bagel 14

WG Biscuit & Gravy 15

Breakfast Bake w/WG Toast 16

Grab & Go 17

WG French Toast 20

WG Sausage on a Stick 21

NO SCHOOL 22

NO SCHOOL 23

NO SCHOOL 24

WG Pancakes 27

WG Wrap 28

WG Donut 29

Omelet, Sausage Link w/WG Toast 30

