

# November 2018

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 Pancakes 1

NO SCHOOL 2

WG Muffin 5

WG Waffles 6

WG Breakfast Pizza 7

WG Bagel 8

Grab & Go 9

WG French Toast 12

Breakfast Bake w/WG Toast 13

WG Biscuits & Gravy 14

WG Sausage on a Stick 15

Grab & Go 16

WG Breakfast Wrap 19

WG Pancakes 20

NO SCHOOL 21

NO SCHOOL 22

NO SCHOOL 23

WG Muffin 26

WG Waffles 27

WG Donut 28

WG Bagel 29

Grab & Go 30