

# November 2017

## East Washington Elementary

### BREAKFAST



Free/Reduced Applications Available in each office or online at [www.ewsc.k12.in.us](http://www.ewsc.k12.in.us)

\*This institution is an equal opportunity provider and 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

Breakfast Daily 7:50-8:10

S: \$1.50 A: \$1.80

Lunch:

S: \$2.50 A: \$3.30

In the operation of children feeding programs, no child will be discriminated against because of race, color, national origin, age, or disability

Cinnamon Roll  
Applesauce  
100% Orange Juice  
Milk

1

Blueberry Sausage Wrap  
Syrup  
Fresh Banana  
100% Apple Juice  
Milk

2

Sausage Biscuit  
Sliced Peaches  
100% Orange Juice  
Milk

3

Froot Loops/Toast  
100% Grape Juice  
Chilled Sliced Pears  
Milk

6

Egg/Cheese Burrito  
Raisins  
100% Apple Juice  
Milk

7

Mini Maple Pancakes  
Syrup  
Apple Sauce  
100% Orange Juice  
Milk

8

Bacon/Scramble Pizza  
100% Apple Juice  
Fresh Banana  
Milk

9

Biscuit & Gravy  
Sliced Peaches  
100% Orange Juice  
Milk

10

Apple Jack Cereal  
Toast  
100% Orange Juice  
Chilled Sliced Pears  
Milk

13

Egg Omelet  
Toast  
Fresh Oranges  
100% Apple Juice

14

Breakfast Sliders  
Applesauce  
100% Grape Juice  
Milk

15

Strawberry Pop Tart  
Fresh Banana  
100% Apple/Cherry Juice  
Milk

16

Mini Waffles  
Syrup  
Sliced Peaches  
100% Orange Juice  
Milk

17

Golden Graham Cereal  
or Oatmeal/Toast  
100% Grape Juice  
Chilled Mixed Fruit  
Milk

20

Egg/Cheese Biscuit  
Chilled Applesauce  
100% Orange Juice  
Milk

21

Thanksgiving Break  
NO SCHOOL

22

Thanksgiving Break  
NO SCHOOL

23

Thanksgiving Break  
NO SCHOOL

24

Cook's Choice-Cereal  
Toast  
100% Apple/Cherry Juice  
Chilled Mixed Fruit  
Milk

27

Cheesy Bacon/Eggs  
Toast  
100% Apple Juice  
Raisins  
Milk

28

Blueberry Pancakes  
Syrup  
Chilled Applesauce  
100% Orange Juice  
Milk

29

Frst.Cinnamon Pop Tart  
Fresh Banana  
100% Apple/Cherry Juice  
Milk

30

