



Guthrie Public Schools Secondary Breakfast Menu November 2018

Assorted Sides	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served Daily: Assorted Dry Cereal Canned Fruit Fresh Fruit Orange Juice Apple Juice Assorted Fat Free or Lowfat White and Flavored Milk				1 Egg Muffin Sandwich Cinnamon Sugar Donut Mixed Fruit	2 Biscuit & Gravy Nutrigrain Bar Diced Pears
	5 Egg Muffin Sandwich Cinnamon Sugar Donut Diced Peaches	6 French Toast Sticks Yogurt & Goldfish Graham Cracker Orange Smiles	7 Breakfast Pizza Blueberry Muffin Bananas	8 Honey Glazed Chicken Biscuit Banana Muffin Mixed Fruit	9 Biscuit & Gravy Nutrigrain Bar Diced Pears
	12 Sausage Biscuit Glazed Donut Diced Peaches	13 Pancake on a Stick Chocolate Muffin Orange Smiles	14 Breakfast Pizza Nutrigrain Bar Bananas	15 Cheddar Cheese Omelet Cinnamon Roll Mixed Fruit	16 Breakfast Taco Yogurt & Goldfish Graham Cracker Diced Pears
	19 THANKSGIVING BREAK	20 THANKSGIVING BREAK	21 THANKSGIVING BREAK	22 THANKSGIVING BREAK	23 THANKSGIVING BREAK
	26 Honey Glazed Chicken Biscuit Chocolate Crescent Diced Peaches	27 French Toast Sticks Yogurt & Goldfish Graham Cracker Orange Smiles	28 Breakfast Pizza Blueberry Muffin Bananas	29 Breakfast Taco Cinnamon Roll Mixed Fruit	30 Biscuit & Gravy Nutrigrain Bar Diced Pears

A meal consists of 3 food groups: Grains, Fruit/ Vegetables and Milk. Students must pick at least 3 items from the 4 items offered from the 3 food groups.

Menu items are subject to change due to availability	Child Nutrition Office 405.282.5952
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