

# Menus

**School:** Peoria Heights High School

**Academic Year:** 2019-20

**Meal:** Breakfast

**Month:** November 2019

November				
M	Tu	W	Th	F
28 Blueberry Waffles Yogurt w/ fruit and granola Cereal or Pop-tart Juice, Fruit and Milk	29 Breakfast Pizza Mini Donuts Cereal or Pop-tart Juice, Fruit and Milk	30 Donuts or Bagel Yogurt w/fruit and granola Cereal or Pop-tart Juice, Fruit and Milk	31 French Toast w/sausage Mini Donuts Cereal or Pop-tart Juice, Fruit and Milk	1 Cinnamon Rolls w/sausage Yogurt w/fruit and granola Cereal or Pop-tart Juice, Fruit and Milk
4 Egg and Cheese Omelet Bagel or Yogurt Parfait Cereal or Pop-tart Juice, Fruit and Milk	5 Pizza Bagels Donuts Cereal or Pop-tart Juice, Fruit and Milk	6 Pancake/sausage on a Stick Mini donuts Cereal or Pop-tart Juice, Fruit and Milk	7 Scrambled Eggs w/sausage and muffin Cereal or Pop-tart Juice, Fruit and Milk	8 Cinnamon Rolls w/ sausage Donuts Cereal or Pop-tart Juice, Fruit and Milk
11	12 Breakfast Pizza Mini Donuts Cereal or Pop-tart Juice, Fruit and Milk	13 Frosted Donuts Bagels or Yogurt Parfaits Cereal or Pop-tart Juice, Fruit and Milk	14 Breakfast Biscuits Mini Donuts Cereal or Pop-tart Juice, Fruit and Milk	15 Cinnamon Rolls w/sausage Donuts Cereal or Pop-tart Juice, Fruit and Milk
18 Strawberry Pancakes Bagels or Yogurt Parfait Cereal or Pop-tart Juice, Fruit and Milk	19 Sausage/egg/cheese sliders Cereal or Pop-tart Juice, Fruit and Milk	20 Frosted Donuts Bagels or Yogurt Parfait Cereal or Pop-tart Juice, Fruit and Milk	21 French Toast w/sausage Mini Donuts Cereal or Pop-tart Juice, Fruit and Milk	22 Cinnamon Rolls w/ sausage Donuts Cereal or Pop-tart Juice, Fruit and Milk
25 Egg and Cheese Omelet Bagels or Yogurt Parfait Cereal or Pop-tart Juice, Fruit and Milk	26 Breakfast Pizza Donuts or yogurt Parfait Cereal or Pop-tart Juice, Fruit and Milk	27	28	29