



Smyer ISD Breakfast

November
2022

Start your day with a healthy breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Egg & Cheese Breakfast Sandwich</p> <p>Choice of Cereal Graham Crackers Whole Grain Toast</p> <p>Strawberry Banana Yogurt Cheese Stick Fresh Fruit Bar</p>	<p>2</p> <p>Sausage Breakfast Pizza</p> <p>Choice of Cereal Whole Grain Toast Graham Crackers</p> <p>Peach Yogurt Cheese Stick Fruit or Juice Selection</p>	<p>3</p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Cherry Vanilla Yogurt Cheese Stick Fresh Fruit Bar Fruit or Juice Selection Apple Juice</p>	<p>4</p> <p>Breakfast Banana Split Yogurt Parfait</p> <p>Choice of Cereal Graham Crackers</p> <p>Cherry Vanilla Yogurt Cheese Stick Fruit or Juice Selection</p>
<p>7</p> <p>Oatmeal made with milk Whole Grain Toast Choice of Cereal Graham Crackers</p> <p>PB & J Sandwich Cheese Stick Fruit or Juice Selection Fresh Apple Fresh Orange Apple Juice</p>	<p>8</p> <p>Chocolate Chip Muffin Cheese Stick</p> <p>Choice of Cereal Graham Crackers PB & J Sandwich Cheese Stick Fresh Fruit Bar Fresh Apple Fresh Orange</p>	<p>9</p> <p>Biscuits & Gravy Pork Sausage Link</p> <p>Choice of Cereal Graham Crackers</p> <p>PB & J Sandwich Cheese Stick Fruit or Juice Selection Fresh Pear Fresh Apple</p>	<p>10</p> <p>Breakfast Bowl</p> <p>Choice of Cereal Graham Crackers</p> <p>PB & J Sandwich Cheese Stick</p> <p>Orange Juice Fruit or Juice Selection</p>	<p>11</p> <p>Waffles Bacon</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Fresh Apple Fresh Orange Apple Juice</p>
<p>14</p> <p>Cheesy Ham Melt</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection</p> <p>Fresh Apple Fresh Orange Apple Juice</p>	<p>15</p> <p>Blueberry Muffin Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Fresh Fruit Bar Fresh Apple Fresh Pear Fruit or Juice Selection</p>	<p>16</p> <p>Ham & Tater Tot Breakfast Bake</p> <p>Choice of Cereal Graham Crackers</p> <p>PB & J Sandwich Cheese Stick Fruit or Juice Selection Fresh Apple Fresh Orange</p>	<p>17</p> <p>French Toast Hashbrowns</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Fresh Apple Fresh Orange Apple Juice</p>	<p>18</p> <p>Breakfast Burrito</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection 1% Milk</p>
<p>21</p> <p>B</p>	<p>22</p> <p>R</p>	<p>23</p> <p>E</p>	<p>24</p> <p>A</p>	<p>25</p> <p>K</p>
<p>28</p> <p>Pancake Bar</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Fresh Apple Fresh Pear Apple Juice Orange Juice</p>	<p>29</p> <p>Breakfast Sandwich</p> <p>Choice of Cereal Graham Crackers</p> <p>Fresh Fruit Bar Fresh Apple Fresh Orange Fruit or Juice Selection Orange Juice</p>	<p>30</p> <p>Sausage Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection 1% Milk</p>	<p>This is for Food 4 Thought</p>	

PRICES

Students FREE
Adults \$2.75
Extra Milk \$0.60

EXTRA INFO

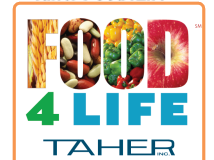
For questions, please contact Food Service
Director Rosy Rivera
rosa.rivera@smyer-isd.com
*Choice of Milk: 1% White or Chocolate
*Entrée Salads served with a Grain.

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHer Food4Life®



www.taHer.com