



NOVEMBER BREAKFAST MENU

BUENA VISTA CITY SCHOOLS

TAP HEADSTART



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	CEREAL 100% FRUIT JUICE LOW FAT MILK	STRAWBERRY BAGEL 100% FRUIT JUICE LOW FAT MILK	FRENCH TOAST 100% FRUIT JUICE LOW FAT MILK	BACON BISCUIT 100% FRUIT JUICE LOW FAT MILK
7	8	9	10	11
PANCAKES 100% FRUIT JUICE LOW FAT MILK	MUFFIN 100% FRUIT JUICE LOW FAT MILK	BISCUIT & GRAVY 100% FRUIT JUICE LOW FAT MILK	SCRAMBLED EGGS W/ BISCUIT 100% FRUIT JUICE LOW FAT MILK	CEREAL 100% FRUIT JUICE LOW FAT MILK
14	15	16	17	18
BREAKFAST PIZZA 100% FRUIT JUICE LOW FAT MILK	SAUSAGE BISCUIT 100% FRUIT JUICE LOW FAT MILK	EGG OMELETTE & BISCUIT 100% FRUIT JUICE LOW FAT MILK	BREAKFAST STICK 100% FRUIT JUICE LOW FAT MILK	WAFFLES 100% FRUIT JUICE LOW FAT MILK
21	22	23	24	25
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
28	29	30	1	2
STRAWBERRY BAGEL 100% FRUIT JUICE LOW FAT MILK	CEREAL 100% FRUIT JUICE LOW FAT MILK	BREAKFAST PIZZA 100% FRUIT JUICE LOW FAT MILK	BACON BISCUIT 100% FRUIT JUICE LOW FAT MILK	FRENCH TOAST 100% FRUIT JUICE LOW FAT MILK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR NUTRITION DEPARTMENT AT 540-261-3352