



**November 2020  
Breakfast Menu  
Essex Community School**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Meals Served with Milk: <b>White: 1% &amp; Skim Chocolate:</b>	<b>Menu Subject to Change Without Notice</b>				
1	2 Oatmeal Bar 1oz Yogurt-4oz Juice-4oz	3 Cereal-1oz String Cheese-1oz Juice-4oz	4 Pancakes- 3.03oz String Cheese-1oz Juice-4oz	5 Pop-tart 1.76oz Cereal Bar- 1.3oz Juice-4oz	6 Cheese Omelet- 2.1oz Yogurt-4oz Juice-4oz	7
8	9 Cereal Bar- 1.3oz String Chees1oz Juice-4oz	10 Pancake Sausage Links-3 Juice-4oz	11 Pop-tart- 1.76oz String Cheese-1oz Juice-4oz	12 Mini Bagel 2.43oz Yogurt-4oz Juice-4oz	13 Cereal-1oz Muffin-2oz Juice-4oz	14
15	16 Cereal-1oz Pop-tart- 1.76oz Juice-4oz	17 Breakfast Power Bites-6 Juice-4oz	18 Cereal Bar- 1.3oz Oatmeal Bar-1oz Juice-4oz	19 Muffin-2oz String Cheese-1oz Juice-4oz	20 Pancakes- 3.03oz Yogurt-4oz Juice-4oz	21
22	23 Cereal-1oz Muffin-2oz Juice-4oz	24 Mini Waffles 2.47oz Yogurt-4oz Juice-4oz	25 Pop-tart 1.76oz String Cheese-1oz Juice-4oz	26 Thanksgiving	27 No School	28
29	30 Cereal-1oz String Cheese-1oz Juice-4oz					

**This institution is an equal opportunity provider**

