








Spencer Public School



Nutrition Menu Breakfast November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal  Crescent Juice/Fresh Fruit	2 Pancake/Syrup Juice / Fresh Fruit	3 Breakfast Pizza Juice/Fresh Fruit	4 Breakfast Bites Juice/Fresh Fruit	5 No Classes
8 Cereal Muffin Juice/Fresh Fruit	9 Waffle/Syrup Juice/Fresh Fruit	10 Breakfast Pizza Juice/Fresh Fruit	11 Elem Jumpstart Ms/High Breakfast Sandwich 	12 w/Long john Cheese Stix Juice/Fresh Fruit
15 Cereal w/Mini Donut Juice/Fresh Fruit	16 French Toast/Syrup Choice of Juice	17 Breakfast Pizza Juice/Fresh Fruit	18  Breakfast Scrambler Biscuit Choice of Juice Fresh Fruit	19 w/Cake Donut Cheese Stix Juice/Fresh Fruit
22 Cereal  Donut Holes Juice/Fresh Fruit	23 Q-Bread Juice/Fresh Fruit	24 No Classes	25 Happy Thanksgiving	26 No Classes
29  Cereal Nutrigrain Bar Choice of Juice Fresh Fruit	30 Breakfast Burritos Choice of Juice			

Menu is subject to change without notice, Fresh fruit is served daily, and Milk served daily 1%, Skim Fat Free, Reminder you are able to fill out the free and reduced application during the year. This institution is an equal opportunity provider. Spencer is EOE