



Elementary Breakfast Menu

November 2018



1
Maple Burst Pancakes
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

2
Pancake Wrap
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

5
Apple Frudel
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

6
Chocolate Crescent
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

7
Sausage & Cheese Biscuit
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

8
Breakfast Pizza
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

9
Berry French toast
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

12
Pancake Wrap
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

13
Bacon, Egg, & Cheese
Biscuit
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

14
Egg, Sausage, & Cheese
Pizza Slider
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

15
Mini Crème Cheese Bagel
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

16
Sausage Biscuit
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk



19

20

21

22

23

26
Breakfast Pizza
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

27
Sausage & Cheese Biscuit
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

28
Pancake Wrap
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

29
Ham, Egg & Cheese Biscuit
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

30
Glazed Donut
Yogurt & String Cheese
Cereal Bar
Cereal
Poptart
Graham Crackers
Assorted Fruit
Milk

Fun Fact...

Breakfast literally means to break the fast after a long night's sleep. It is a crucial meal that refuels the body and the brain with energy and nutrients. Eating breakfast has been shown to improve mental alertness and physical performance.

Under Community Eligibility Provision, we are proud to share that all Jonesboro students will eat Breakfast & Lunch meals at no charge!