

NOVEMBER 2022

Middle School Breakfast Council Bluffs School District

MONDAY

*Cereal
Poptart
Fruit & Juice

7

*Cereal
Nutrigrain Bar
Fruit & Juice

14

*Cereal
Poptart
Fruit & Juice

21

*Cereal
Nutrigrain Bar
Fruit & Juice

28

TUESDAY

*Egg & Sausage
Breakfast Pizza
Or
*Cereal- Grain
Fruit & Juice

1

*French Toast Sticks
Syrup
Or
*Cereal-Grain
Fruit & Juice

8

*Sausage Breakfast
Pizza
Or
*Cereal- Grain
Fruit & Juice

15

*Manager's Choice
Fruit & Juice

22

*Pancakes- Syrup
Or
*Cereal- Grain
Fruit & Juice

29

WEDNESDAY

*Cereal
Toast-Cinnamon
Sugar
Fruit & Juice

2

*Breakfast Pizza
Or
*Cereal- Grain
Fruit & Juice

9

*Apple Frudel
Or
*Cereal-Grain
Fruit & Juice

16

NO SCHOOL

*Cereal
Cake Donut
Fruit & Juice

30

THURSDAY

*Pancakes- Syrup
Or
*Cereal- Grain
Fruit & Juice

3

*Cereal
Manager's Choice
Grain
Fruit & Juice

10

*Sausage & Pancake
Bites
Or
*Cereal- Grain
Fruit & Juice

17

NO SCHOOL

Did you know?

The full moon in November
is traditionally called the
Beaver Moon in the US.

FRIDAY

*Cereal
Strawberry Cheerio
Bar
Fruit & Juice

4

*Mini Strawberry
Bagels
Or
*Cereal- Grain
Fruit & Juice

11

*Cereal
Chocolate Chip Oat
Bar
Fruit & Juice

18

NO SCHOOL

Fresh Fruit & Vegetable
Council Bluffs School
District participates in
the Fresh Fruit and
Vegetable Program. This
program provides a fresh
fruit or vegetable snack
to preschool through 5th
grade students Tuesday
through Thursday. Check
out the district website
under the nutrition
department to see the
fresh fruit and vegetable
menu. Click on the snack
to see fun educational
facts about that fruit or
vegetable.

*Milk Offered Daily
*Menu Subject to Change
Without Notice
*This Institution is an
Equal Opportunity
Provider