

November 2020

Oyster River Breakfast Menu

BREAKFAST



School Information: All meals are free until further notice. Go to <https://family.TitanK12.com> for student balances, or to file Free & Reduce application online. Meal pick up at HS on M, T, Th except Voting week.



Nutrition Tip: Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.

Reference: USDA MyPlate



Monday

Mini Blueberry Pancakes
100% Apple Juice
Milk Choices
Pick up Meals today

Blueberry Muffin
Fresh Orange
Milk Choices
Pick up meals today

Sweet Potato Roll
100% Orange Juice
Milk Choices
Pick up meals today

Bagel & Cream Cheese
Fresh Apple
Milk Choices
Pick up meals today

WG French Toast Stick
100% Orange Juice
Milk Choices
Pick up meals today

Tuesday

VOTING DAY
No School
Cinnamon Roll
Fresh Local Apple
Milk Choices

Mini Cinnamon Rolls
100% Apple Juice, Milk
Pick up meals today

Banana Bread
Mixed Fruit Cup
Milk Choices
Pick up meals today

WG Cocoa Bread
100% Juice Fruit Punch
Milk Choices
Pick up meals today

All Breakfasts include Entrée, fruit & milk

Wednesday

Whole Grain Breakfast Bar
100% Juice Fruit Punch
Pick up meals today

Veterans Day
No School
WG Breakfast Bun
Mixed Fruit, Milk Choices

Mini Waffles
Fresh Orange
Milk Choices

Thanksgiving Break
No School
Mini Maple Pancakes
Fresh Orange, Milk Choices



Thursday

Strawberry Cream Cheese Mini Bagels
Fresh Pear
Milk Choices
Pick up Meals today

Whole Grain Fresh Baked Maple Donut
100% Juice Fruit Punch
Pick up meals today

Cherry Pastry Strudel
100% Apple Juice
Milk Choices
Pick up meals today

Thanksgiving
No School



Friday

Zucchini Bread
100% Orange Juice
Milk Choices

Cinnamon Stuffed Mini Bagels
Diced Pears
Milk Choices

WG Breakfast Bar
Diced Pears
Milk Choices

Thanksgiving Break
No School