BREAKFAST

Menu is subject to change without notice due to product availability.

NOVEMBER 2018
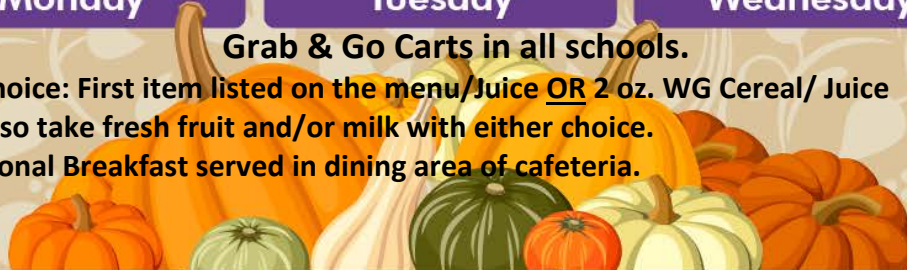## PATRICK COUNTY PUBLIC SCHOOLS

BREAKFAST FREE TO ALL STUDENTS
ADULTS $1.50

Monday	Tuesday	Wednesday	Thursday	Friday
Grab & Go Carts in all schools. **Cart Choice: First item listed on the menu/Juice OR 2 oz. WG Cereal/ Juice** **May also take fresh fruit and/or milk with either choice.** **Traditional Breakfast served in dining area of cafeteria.**			**Pancake on a Stick** — 1 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk	**Mini Cinni WG Biscuit w/ Gravy** — 2 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.
Sausage WG Biscuit — 5 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Strawberry Mini Bagel Breakfast Pizza** — 6 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Dutch Waffle WG Biscuit w/ Gravy** — 7 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Chocolate Crescent Cheesy Eggs w/ WG Toast** — 8 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Grape Crescent Mini Maple Pancakes** — 9 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.
VETERAN'S DAY — 12	**Chicken Biscuit** — 13 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Mini Corn Dogs Mini Maple Pancakes** — 14 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Apple Freudal Cheesy Eggs w/ WG Toast** — 15 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Chocolate Chip Muffin WG Biscuit w/ Gravy** — 16 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.
Sausage WG Biscuit — 19 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Strawberry Mini Bagel Breakfast Pizza** — 20 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Glazed Donut** — 21 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**HAPPY THANKSGIVING!** — 22	**GIVE THANKS** — 23
Mini Cinni WG Biscuit/ Gravy — 26 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Chicken Biscuit** — 27 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Breakfast Bun Scrambled Eggs w/WG Toast** — 28 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.	**Pancake on a Stick** — 29 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk	**Chocolate Crescent Breakfast Pizza** — 30 May take one item listed below with toast: Cereal, Pop Tart, or String Cheese Must take fresh fruit or juice, may take both. May take milk.

"USDA is an equal opportunity provider and employer."

Students who eat breakfast do better in school, are more likely to participate in physical activities, and eat healthier overall.

Imagine you're a car. After a long night of sleeping, your fuel tank is empty.

Breakfast is the fuel that gets you going so you can hit the road.