








# T.I.S. November Breakfast 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Honey Bun</b>	2 <b>Egg Patty &amp; Graham</b>	3 <b>Breakfast Pizza</b>	4 <b>Cold Cereal &amp; Toast</b>
	<b>Poptart</b>	<b>Honey Bun</b>	<b>Poptart</b>	<b>Honey Bun</b>
7 <b>Combo Bar &amp; Churro</b>	8 <b>Pancakes &amp; Syrup</b>	9 <b>Sausage &amp; Egg Scramble &amp; WW Tortilla</b> 	10 <b>French Toast Sticks &amp; S.F. Syrup</b>	11  <b>Veteran's Day</b>
<b>Poptart</b>	<b>Cereal Bar</b>	<b>Poptart</b>	<b>Cereal Bar</b>	
14 <b>Sausage Pup</b>	15 <b>Egg Patty &amp; Graham</b>	16 <b>Cinnamon Roll</b>	17 <b>Breakfast Pizza</b> 	18 <b>French Toast Sticks &amp; S.F. Syrup</b>
<b>Honey Bun</b>	<b>Poptart</b>	<b>Honey Bun</b>	<b>Poptart</b>	<b>Honey Bun</b>
21 <b>Combo Bar &amp; Churro</b> 	22 <b>Cinnamon Roll</b>	23 <b>Breakfast Pizza</b>	24 <b>Thanksgiving</b> <b>No School</b>	25 <b>No School</b> 
<b>Poptart</b>	<b>Cereal Bar</b>	<b>Poptart</b>		
28 <b>Egg Patty &amp; Graham</b>	29 <b>Breakfast Pizza</b>	30 <b>Honey Bun</b>		
<b>Honey Bun</b>	<b>Poptart</b>	<b>Honey Bun</b>		

**have 3 items for a countable meal!**

**Fresh Apples, Oranges, Applesauce, Canned Fruit & Juice available fruit choices.**

Menus are subject to change on availability

Nonfat Chocolate, 1% White Milk & Fresh Fruit is served at every meal

Highland schools are an equal opportunity provider. Highland School Wellness Policy available for review upon request.