

November 2020

PARK CITY SCHOOLS

BREAKFAST



Breakfast Prices

K-12 \$1.35 Adults \$2.00



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

Banana Bread, Cheese Stick, Juice and Milk **2**

Zucchini Bread, Cheese Sticks, Juice and Milk **9**

Pumpkin Bread, Cheese Stick, Juice and Milk **16**

Cereal Bar, Cheese Stick, Juice and Milk **23**

Egg & Cheese Sandwich, Applesauce, Juice and Milk **30**

Tuesday

Variety of Cereal, Applesauce, Juice and Milk **3**

Variety of Cereal, Applesauce, Juice and Milk **10**

Variety of Cereal, Applesauce, Juice and Milk **17**

Variety of Cereal, Fruit Variety, Juice and Milk **24**

Wednesday

Yogurt, Blueberries, Muffins and Milk **4**

Yogurt, Blueberries, Granola, Apple Jammers and Milk **11**

Yogurt, Blueberries, Scooby Grahams and Milk **18**

NO SCHOOL **25**

Thursday

Pop Tarts, Cheese Sticks, Peaches, Juice and Milk **5**

Pancakes, Mandarin Oranges, Cheese Stick and Milk **12**

French Toast, Fruit Cocktail, Cheese Sticks and Milk **19**

NO SCHOOL **26**

Friday

Cinnamon Sugar Doughnuts, Mixed Fruit, Juice and Milk **6**

Cinnamon Bagel Sticks, Peaches and Milk **13**

Breakfast Tornado Rolls w/Salsa, Mandarin Oranges and Milk **20**

NO SCHOOL **27**

