



Beets

Beets are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance.

**Meal Prices
Breakfast**

9-12: Free
Adults: \$4.59
(includes tax)

High School Breakfast Menu November 2024



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---------------------------------------|---------------------------------------|--|
| Cereal will be available daily upon request Student MUST take: 3 food items and 1 item must be a ½ cup of fruit or ½ cup of vegetable | | *Gluten Free | | 1 Whole Grain Bagel with cream cheese |
| 4 Breakfast Burrito | 5 Sausage with Cheese on English Muffin | 6 Breakfast Pizza Bagel | 7 Concha (Mexican Bread) | 8 Yogurt with Granola Fresh fruit |
| 11 Veterans Day No School | 12 Whole Grain Chocolate Muffin | 13 Whole Grain Cinnamon Roll | 14 Fresh Baked Scone | 15 French Toast with syrup |
| 18 Concha (Mexican Bread) | 19 Waffles with syrup | 20 Whole Grain Cinnamon Bun | 21 Breakfast Pizza Bagel | 22 Yogurt with Granola Fresh Fruit |
| 25 Thanksgiving Break No School | 26 Thanksgiving Break No School | 27 Thanksgiving Break No School | 28 Thanksgiving Break No School | 29 Thanksgiving Break No School |

The menu is subject to change.

*All meals include Clover milk (1% white milk, fat-free white milk or fat-free chocolate milk), fresh fruit or fruit juice and/or vegetables and whole grain breads.
This institution is an Equal Opportunity Provider. If you have questions or suggestions, please contact the Director:
Angela Baxter, RD at 967-2722 or abaxter@sthelenaunified.org.*