



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**

6-8: Free
Adults: \$4.59
(includes tax)

Middle 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.*