

# NOVEMBER 2022

# BONNEVILLE ACADEMY

# BREAKFAST



### Breakfast Prices

K-5<sup>th</sup> \$1.50  
6<sup>th</sup>-8<sup>th</sup> \$1.60

\*\*Menu items subject to change without notice.

\*\*CEREAL SERVED DAILY



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. 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.



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Blank breakfast menu item for Monday.

Bagels & Cream Cheese **1**  
Fresh Fruit  
Juice  
Milk

Pancakes **2**  
Bacon  
Fresh Fruit  
Juice  
Milk

Cereal Bar **3**  
Yogurt  
Fresh Fruit  
Juice  
Milk

Fruit & Granola Parfait **4**  
Chocolate Milk

Breakfast Biscuit (sausage) **7**  
Fresh Fruit  
Juice  
Milk

Toast W/Jelly or Butter **8**  
String Cheese  
Fruit Cup  
Juice  
Milk

Waffles **9**  
Sausage  
Fresh Fruit  
Juice  
Milk

Pop Tart **10**  
Yogurt  
Fresh Fruit  
Juice  
Milk

TEACHER WORK DAY **11**  
  
NO SCHOOL

Assorted Muffins **14**  
Fresh Fruit  
String Cheese  
Juice  
Milk

Warm Breakfast Bread **15**  
String Cheese  
Fruit Cup  
Juice  
Milk

Pancakes **16**  
Bacon  
Fresh Fruit  
Juice  
Milk

Cereal Bar **17**  
Yogurt  
Fresh Fruit  
Juice  
Milk

Fruit & Granola Parfait **18**  
Chocolate Milk

Breakfast Biscuit (bacon) **21**  
Fresh Fruit  
Juice  
Milk

Toast W/Jelly or Butter **22**  
String Cheese  
Fruit Cup  
Juice  
Milk

THANKSGIVING BREAK **23**  
  
NO SCHOOL

THANKSGIVING BREAK **24**  
  
NO SCHOOL

THANKSGIVING BREAK **25**  
  
NO SCHOOL

Warm Breakfast Bread **28**  
Fruit Cups  
String Cheese  
Juice  
Milk

Cinnamon Roll **29**  
String Cheese  
Fruit Cup  
Juice  
Milk

Waffles **30**  
Sausage  
Fresh Fruit  
Juice  
Milk



# NOVEMBER 2022

# BONNEVILLE ACADEMY

# LUNCH



Lunch Prices:  
K-5<sup>th</sup> \$2.35  
6<sup>th</sup>-8<sup>th</sup> \$2.50

\*\*SALAD BAR AVAILABLE DAILY

\*\*Menu Items subject  
to change without  
notice



**November is National Peanut Butter Lovers Month.** Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1  
Chicken Tacos  
Corn & Apples  
Salad Bar Variety & Milk

2  
Pizza & Breadsticks  
Apples & Peanut Butter/Nutella  
Cucumbers  
Salad Bar Variety  
Pudding & Milk

3  
Sub Sandwich  
Sun Chips  
Potato Salad  
Fresh Fruit & Veggie  
Salad Bar Variety

4  
Spaghetti W/Meat Sauce  
Breadsticks  
Orange Wedges  
Salad Bar Variety  
Milk

7  
Chicken Sandwich  
Fresh Melons  
Salad Bar Variety  
Milk & Juice Variety

8  
Chicken Quesadillas  
Cooked Carrots  
Fresh Peaches  
Salad Bar Variety & Milk

9  
Pizza & Breadsticks  
Bananas & Peanut Butter/Nutella  
Cauliflower or Broccoli  
Salad Bar Variety  
Rice Crispy Treat & Milk

10  
Ham and Cheese Melts  
Mixed Veggies  
Fresh Fruit  
Salad Bar Variety & Milk

11  
Teacher Work Day  
NO SCHOOL

14  
Hamburgers  
Pickle Wedge & French Fries  
Plums & Juice Variety  
Salad Bar Variety & Milk

15  
Nachos  
Refried Beans  
Orange Wedges  
Salad Bar Variety & Milk

16  
Pizza & Breadsticks  
Apples & Peanut Butter/Nutella  
Baby Carrots  
Salad Bar Variety  
Sorbet & Milk

17  
Teriyaki Chicken  
Egg Rolls  
Fried Rice & Broccoli  
Salad Bar Variety & Milk

18  
Roasted Turkey  
Mashed Potatoes & Gravy  
Fresh Baked Rolls  
Green Beans  
Pumpkin Pie

21  
Mini Pepperoni Calzones  
Cucumbers  
Apples & Juice Variety  
Salad Bar Variety & Milk

22  
Walking Tacos (Beef)  
Corn  
Fresh Fruit  
Salad Bar Variety & Milk

23  
Thanksgiving Break  
NO SCHOOL

24  
Thanksgiving Break  
NO SCHOOL

25  
Thanksgiving Break  
NO SCHOOL

28  
Corn Dogs  
Emoji Fries  
Fresh Veggie & Fruit & Juice  
Salad Bar Variety & Milk

29  
Popcorn Chicken Bowl  
Green Beans  
Grapes  
Salad Bar Variety & Milk

30  
Pizza & Breadsticks  
Bananas & Peanut  
Butter/Nutella  
Salad Bar Variety  
Cookie & Milk

