

NOVEMBER | 2022



OVS Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1 Flapstick (17g) Fruit Cup 100% Fruit Juice (15g) Milk	2 Yogurt (12g) & Waffle (12g) Fresh Fruit Fruit Cup Milk	3 French Toast Bites (38g) Fruit Cup 100% Fruit Juice (15g) Milk	4 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
7 Oatmeal Round (39g) Fresh Fruit Raisins (30g) Milk	8 No School	9 Dutch Waffle (43g) Fresh Fruit 100% Fruit Juice (15g) Milk	10 Breakfast Pizza (26g) Fresh Fruit 100% Fruit Juice (15g) Milk	11 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
14 Cinnamon Superstix (30g) Fresh Fruit Craisins (27g) Milk	15 Flapstick (17g) Fruit Cup 100% Fruit Juice (15g) Milk	16 Yogurt (12g) & Waffle (12g) Fresh Fruit Fruit Cup Milk	17 French Toast Bites (38g) Fruit Cup 100% Fruit Juice (15g) Milk	18 Breakfast Ring (47g) Fruit Cup 100% Fruit Juice (15g) Milk
21 Oatmeal Round (39g) Fresh Fruit Raisins (30g) Milk	22 Cinnamon Roll (49g) Fresh Fruit 100% Fruit Juice (15g) Milk	23 No School	24 No School	25 No School
28 Cinnamon Superstix (30g) Fresh Fruit Craisins (27g) Milk	29 Flapstick (17g) Fruit Cup 100% Fruit Juice (15g) Milk	30 Yogurt (12g) & Waffle (12g) Fresh Fruit Fruit Cup Milk	1	2

Breakfast Prices

Full Pay – \$1.75
Reduced Pay - \$.30
No charge - \$.00
Adult Meal - \$ 3.00

Possible Daily

cereal bowl (25g)
whole grain muffin (31g)
cereal bar (30g)
poptart (38g)

Possible Fresh Fruit

Red Apple (21g)
Green Apple (25g)
Orange (11g)
Banana (27g)
Red Grapes (14g)
Green Grapes (14g)
Strawberries (6g)
Pear (27g)

Milk Choices

FF White (13g)
1% White (13g)
FF Chocolate (19g)
FF Strawberry (19g)

Get our menus on your phone!

