



ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

November 2021 School Breakfast Menu

Serving Healthy Meals for Healthy Bodies & Minds

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	Additional Daily Options
1 French Toast Sticks Tri-Taters Assorted Fruit Juice/.Yogurt Milk	2 Breakfast Sandwich Yogurt Assorted Fruit Juice Milk	3 Mini-Pancakes Tri-Taters Assorted Fruit Juice/Yogurt Milk	4 Waffle Sticks Tater Tots Yogurt Assorted Fruit Juice Milk	5 Breakfast Sandwich Yogurt Assorted Fruit Juice Milk	
8 Pancakes Tri-Taters Assorted Fruit Juice/Yogurt Milk	9 French Toast Sticks Tri-Taters Assorted Fruit Juice/.Yogurt Milk	10 Breakfast Sandwich Yogurt Assorted Fruit Juice Milk	11 No School	12 Waffle Sticks Tater Tots Yogurt Assorted Fruit Juice Milk	





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15 French Toast Sticks Tri-Taters Assorted Fruit Juice/.Yogurt Milk	16 Breakfast Sandwich Yogurt Assorted Fruit Juice Milk	17 Waffle Sticks Tater Tots Yogurt Assorted Fruit Juice Milk	18 Pancakes Tri-Taters Assorted Fruit Juice/Yogurt Milk	19 Breakfast Sandwich Yogurt Assorted Fruit Juice Milk	
22 Pancakes Tri-Taters Assorted Fruit Juice/Yogurt Milk	23 French Toast Sticks Tri-Taters Assorted Fruit Juice/.Yogurt Milk	24 Breakfast Sandwich Yogurt Assorted Fruit Juice Milk	25 No School	26 No School	
All Meals include: Fresh Fruit, Vegetable & Milk This institution is an equal opportunity provider. Menu Subject to Change.				Give yourself the goodness of whole grains. Make at least half of the grains you eat whole grains such as bread, tortillas, pasta, and cereals. heart and digestion, and can help you maintain a healthy weight and good overall health.	



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29 French Toast Sticks Tri-Taters Assorted Fruit Juice/.Yogurt Milk	30 Breakfast Sandwich Yogurt Assorted Fruit Juice Milk			