



Eagle Ridge Academy Breakfast Menu

November
2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 No School	2 Breakfast Flatbread Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	3 Cinnamon Roll Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	4 Yogurt Parfait with Fruit & Granola Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk
7 Brekkie Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	8 Chocolate Chip Muffin Cheese Stick Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	9 Vanilla Frosted Long John Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	10 Breakfast Bowl Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	11 Mini Eggo Waffles Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk
14 Egg & Cheese Breakfast Sandwich Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% MILK	15 Blueberry Loaf Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	16 Coffee Cake Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	17 Yogurt Parfait with Fruit & Granola Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% MILK	18 Breakfast Burrito Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk
21 Breakfast Flatbread Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	22 Banana Chocolate Loaf Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	23 No School	24 No School	25 No School
28 Mini Pancakes Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	29 Breakfast Sandwich Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	30 Strawberry Cream Cheese Filled Bagel Choice of Cereal Goldfish Graham Crackers Vegetable Selection Fruit or Juice Selection 1% MILK		

PRICES

Students \$2.00
Adults \$2.25

EXTRA INFO

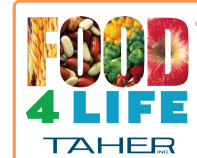
Milk Choice 1% and Chocolate Skim are included with meal.
If you have any questions contact Steve Meak
Email: smeak@eagleridgeacademy.org

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHer Food4Life®



www.taHer.com