

November 2009  
Marysville Joint Unified School District  
BREAKFAST MENU

Mon	Tue	Wed	Thu	Fri
2 <i>Teacher Work Day</i>  <i>NO SCHOOL</i>	3 <i>Cinnamon Swirl Muffins</i>	4 <i>Colby Cheese Omelete</i>	5 <i>Muffin</i>	6 <i>Breakfast Bagel With Gravy</i>
9 <i>Turkey/Egg/Cheese Fritata with Toast</i>	10 <i>Cinnamon Rolls</i>	11 <i>Veterans Day</i>	12 <i>Breakfast Pizza with Ham</i>	13 <i>Pancakes with Syrup</i>
16 <i>Egg/Sausage/ Cheese Burrito</i>	17 <i>French Toast Sticks</i>	18 <i>Sausage Pizza Bagel</i>	19 <i>Cereal and Fruit Yogurt</i>	20 <i>Cinnamon Tastrie</i>
<b><i>THANKSGIVING RECESS</i></b> <b><i>NOVEMBER 23—NOVEMBER 27, 2009</i></b>				
30 <i>Breakfast Pizza with Sausage</i>				



**Breakfast Tips:**

Use these easy, fun tips to help you eat a colorful variety of fruits and vegetables every day:

- 1) Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.
- 2) Have fruit as a mid-morning snack.
- 3) Add strawberries, blue berries or bananas to your waffles, pancakes, cereal, oatmeal, or toast.
- 4) Top toasted whole-grain bread with peanut butter and sliced bananas.
- 5) Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.
- 6) Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

**Choice of Milk and Fresh Fruit or Juice offered with all breakfasts. Cereal is always available as an option. We hope you all come in and have breakfast with us.**

**Breakfast Prices: Full Pay \$.75 Reduced \$.30 Milk \$.25**

**\*MENU SUBJECT TO CHANGE**



For more information, visit:  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)