

NOVEMBER 2023

Hamilton Community Schools

BREAKFAST



School Information:

*Menu is subject to change

*This institution is an equal opportunity provider



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



Breakfast Pizza
Fruit
4oz Juice
Milk

6

Waffle and Hash Brown
Fruit
4oz Juice
Milk

7

Egg Sandwich
Fruit
4oz Juice
Milk

1

Bagel Pizza
Fruit
4oz Juice
Milk

2

Yogurt Parfait
Fruit
4oz Juice
Milk

3

Yogurt Parfait
Fruit
4oz Juice
Milk

13

Apple Strudel
Fruit
4oz Juice
Milk

14

Sausage Biscuit
Fruit
4oz Juice
Milk

15

Muffin Yogurt
Fruit
4oz Juice
Milk

16

Breakfast Calzone
Fruit
4oz Juice
Milk

17

Breakfast Wrap
Fruit
4oz Juice
Milk

20

Sausage & pancakes
Fruit
4oz Juice
Milk

21

**No School
Thanksgiving Break**

22

**No School
Thanksgiving Break**

23

**No School
Thanksgiving Break**

24

Cinnamon Rolls
Fruit
4oz Juice
Milk

27

French Toast
Fruit
4oz Juice
Milk

28

Cinnamon Crunch Bar
Fruit
4oz Juice
Milk

29

Blue Berry Twist
Fruit
4oz Juice
Milk

30