

SCHOOL District #97 - School Breakfast Menu

BEYE, HATCH, HOLMES, WHITTIER

Monday

Tuesday

Wednesday



Thursday

Friday

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Eat Healthier for Thanksgiving

- Buy a lean turkey.
- Eat more vegetables and less dessert.
- Reduce the amount of gravy on your turkey. Use low fat gravy.
- Bring a low calorie dessert.
- Go for a family walk for 20 minutes after dinner.

2	3	4	5	6
Cereal Box Milk	French Toast Sticks Fruit Cup Milk	Blueberry Muffin# Fresh Fruit Milk	Strawberry Mini Pancakes Fruit Cup Milk	
9	10	11	12	13
Cereal Box Milk	Turkey Sausage Pancake on a Stick# Fruit Cup Milk	Yogurt Parfait with Granola & Fresh Fruit Milk	Breakfast Sausage/ Cheese Bagel Fruit Cup Milk	Chocolate Chip Muffin# Fresh Fruit Milk
16	17	18	19	20
Cereal Box Milk	Glazed Cinnamon French Toast Fruit Cup Milk	Yogurt Parfait with Granola & Fresh Fruit Milk	OPRF Griddle (Pancake, sausage and egg) Fruit Cup Milk	Blueberry Muffin# Fresh Fruit Milk
23	24			
Cereal Box Milk	Mini Pancakes Fruit Cup Milk			

Prepared by
Oak Park &
River Forest High
School Food &
Nutrition Services
Department

All menus are less
than 30% calories
from fat