



PAS Elementary Breakfast Menu

November
2024



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| <p>28</p> <p>Food is the ingredient that binds us together!</p> | <p>29</p> | <p>30</p> | <p>31</p> | <p>1</p> <p>Cinnamon Roll</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> |
| <p>4</p> | <p>5</p> <p>Brekkie</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>6</p> <p>French Toast Sticks</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>7</p> <p>Breakfast Burrito</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>8</p> <p>Pancake on a Stick</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> |
| <p>11</p> <p>Chicken Breakfast Biscuit</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>12</p> <p>Mini Pancakes</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>13</p> <p>Breakfast Toaster Sandwich</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>14</p> <p>Choice of Frudel</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>15</p> <p>Sausage Breakfast Pizza</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> |
| <p>18</p> <p>Mini Eggo Waffles</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>19</p> <p>Breakfast Stacker Sandwich</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>20</p> <p>Mini French Toast</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>21</p> <p>Biscuits and Gravy</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>22</p> <p>Vanilla Frosted Long John</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> |
| <p>25</p> <p>Brekkie</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>26</p> <p>Breakfast Taco</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>27</p> <p>French Toast Sticks</p> <p>Choice of Cereal Fruit Selection Juice Selection Choice of Milk</p> | <p>28</p> | <p>29</p> |

PRICES

| | |
|--------------|--------|
| All Students | Free |
| Adults | \$2.40 |
| Extra Milk | \$0.50 |
| Extra Entree | \$1.75 |

EXTRA INFO

Milk choice of skim white or skim chocolate is included with lunch. Entree salads are served with dinner rolls or a breadstick. For questions contact Food Service Director at kim.tuin@pas.k12.mn.us or call 507-562-6018.



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| <p>28</p> <p>Food is the ingredient that binds us together!!</p> | <p>29</p> | <p>30</p> | <p>31</p> | <p>1</p> <p>Sloppy Joe on a Bun Chicken Caesar Salad</p> <p>Black Beans Other Vegetable Diced Pears Fresh Fruit Choice Choice of Milk</p> |
| <p>4</p> | <p>5</p> <p>Beef Hot Dog on a Bun Crispy Chicken Wrap</p> <p>Garlic Rosemary Potatoes Red/Orange Vegetable Mixed Fruit Fresh Fruit Choice Choice of Milk</p> | <p>6</p> <p>Walking Tacos Turkey BLT Wrap Refried Beans</p> <p>Red/Orange Vegetable Pineapple Tidbits Fresh Fruit Choice Choice of Milk</p> | <p>7</p> <p>Pasta with Meat Sauce Garlic Toast Crispy Chicken Salad</p> <p>Roasted Broccoli Red/Orange Vegetable Applesauce Fresh Fruit Choice Choice of Milk</p> | <p>8</p> <p>United Tastes of America Country Fried Steak & Gravy Soft Dinner Roll Turkey BLT Wrap Mashed Potatoes Glazed Carrots Red/Orange Vegetable Diced Pears Fresh Fruit Choice Choice of Milk</p> |
| <p>11</p> <p>Hawaiian Ham and Cheese on a bun Ham Munchable</p> <p>Sweet Potato Tots Other Vegetable Diced Peaches Fresh Fruit Choice Choice of Milk</p> | <p>12</p> <p>Thanksgiving Dinner Pumpkin Pie Fluff Dessert</p> <p>All the Fixings Skim Milk</p> | <p>13</p> <p>Bun, Hamburger WG White Wheat Ham Munchable</p> <p>Mashed Potatoes Gravy Other Vegetable Pineapple Tidbits Fresh Fruit Choice Choice of Milk</p> | <p>14</p> <p>Chicken Potstickers Chicken Fried Rice Chef Salad</p> <p>Kung Fu Carrots Other Vegetable Applesauce Fresh Fruit Choice Choice of Milk</p> | <p>15</p> <p>Cheese Pizza Ham Munchable</p> <p>Roasted Broccoli Other Vegetable Diced Pears Fresh Fruit Choice Choice of Milk</p> |
| <p>18</p> <p>Soft Beef Tacos Honey Mustard Ham Wrap</p> <p>Collard Greens Red/Orange Vegetable Diced Peaches Fresh Fruit Choice Choice of Milk</p> | <p>19</p> <p>Chicken Patty Sandwich Craving Chicken Salad</p> <p>Honey Roasted Cinnamon Chickpea Red/Orange Vegetable Mixed Fruit Fresh Fruit Choice Choice of Milk</p> | <p>20</p> <p>Cheeseburger on WG Bun Honey Mustard Ham Wrap</p> <p>Baby Carrots Red/Orange Vegetable Pineapple Tidbits Fresh Fruit Choice Choice of Milk</p> | <p>21</p> <p>Popcorn Chicken Whole Grain Dinner Roll Craving Chicken Salad Steamed Corn Red/Orange Vegetable Applesauce Fresh Fruit Choice Choice of Milk</p> | <p>22</p> <p>Beef Chili Combread Bowl Honey Mustard Ham Wrap Steamed Green Beans Red/Orange Vegetable Diced Pears Fresh Fruit Choice Choice of Milk</p> |
| <p>25</p> <p>Corn Dog Turkey Munchable</p> <p>Steamed Peas Other Vegetable Diced Peaches Fresh Fruit Choice Choice of Milk</p> | <p>26</p> <p>Pancakes Pork Sausage Link Southwest Chicken Salad</p> <p>Sweet Potato Puffs Other Vegetable Mixed Fruit Fresh Fruit Choice Choice of Milk</p> | <p>27</p> <p>Orange Chicken Brown Rice Turkey Munchable</p> <p>Steamed Carrots Other Vegetable Pineapple Tidbits Fresh Fruit Choice Choice of Milk</p> | <p>28</p> | <p>29</p> |

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|---------------|--------------|--------|
| PRICES | All Students | Free |
| | Adults | \$5.00 |
| | Extra Entree | \$2.50 |
| | Extra Milk | \$0.50 |

EXTRA INFO

Choice of skim white or skim chocolate milk is available with meals. Entree salads are served with dinner rolls or bread sticks. For questions, please contact Food Service Director at kim.tuin@pas.k12.mn.us or call 507-562-6018.



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PAS Preschool Breakfast Menu

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| <p>28</p> <p>Food is the ingredient that binds us together!</p> | <p>29</p> | <p>30</p> | <p>31</p> | <p>1</p> <p>Cinnamon Roll</p> <p>Fruit Selection Juice Selection Choice of Milk</p> |
| <p>4</p> | <p>5</p> <p>Choice of Cereal Cheese Stick</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>6</p> <p>French Toast Sticks</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>7</p> <p>Breakfast Burrito</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>8</p> <p>Pancake on a Stick</p> <p>Fruit Selection Juice Selection Choice of Milk</p> |
| <p>11</p> <p>Choice of Cereal Cheese Stick</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>12</p> <p>Mini Pancakes</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>13</p> <p>Breakfast Toaster Sandwich</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>14</p> <p>Choice of Frudel</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>15</p> <p>Sausage Breakfast Pizza</p> <p>Fruit Selection Juice Selection Choice of Milk</p> |
| <p>18</p> <p>Mini Eggo Waffles</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>19</p> <p>Choice of Cereal Cheese Stick</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>20</p> <p>Mini French Toast</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>21</p> <p>Choice of Cereal Cheese Stick</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>22</p> <p>Vanilla Frosted Long John</p> <p>Fruit Selection Juice Selection Choice of Milk</p> |
| <p>25</p> <p>Choice of Cereal Cheese Stick</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>26</p> <p>Choice of Cereal Cheese Stick</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>27</p> <p>French Toast Sticks</p> <p>Fruit Selection Juice Selection Choice of Milk</p> | <p>28</p> | <p>29</p> |

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| PRICES | All Students | Free |
| | Adults | \$2.40 |
| | Extra Milk | \$0.50 |
| EXTRA INFO | Milk choice of skim white or skim chocolate is included with lunch. Entree salads are served with dinner rolls or breadstick. For questions contact Food Service Director at kim.tuin@pas.k12.mn.us or call 507-562-6018. | |



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| <p>28</p> <p>Food is the ingredient that binds us together!!</p> | <p>29</p> | <p>30</p> | <p>31</p> | <p>1</p> <p>Sloppy Joe on a Bun</p> <p>Black Beans Other Vegetable Fruit Choice Fresh Fruit Choice Choice of Milk</p> |
| <p>4</p> | <p>5</p> <p>Beef Hot Dog on a Bun</p> <p>Garlic Rosemary Potatoes Red/Orange Vegetable Fruit Choice Fresh Fruit Choice Choice of Milk</p> | <p>6</p> <p>Walking Tacos Refried Beans</p> <p>Red/Orange Vegetable Fruit Choice Fresh Fruit Choice Choice of Milk</p> | <p>7</p> <p>Pasta with Meat Sauce Garlic Toast</p> <p>Roasted Broccoli Red/Orange Vegetable Fruit Choice Fresh Fruit Choice Choice of Milk</p> | <p>8</p> <p>United Tastes of America Country Fried Chicken and Gravy</p> <p>Soft Dinner Roll Mashed Potatoes Glazed Carrots Red/Orange Vegetable Diced Pears Fresh Fruit Choice Choice of Milk</p> |
| <p>11</p> <p>Hawaiian Ham and Cheese on a Bun</p> <p>Sweet Potato Tots Other Vegetable Diced Peaches Fresh Fruit Choice Choice of Milk</p> | <p>12</p> <p>Corn Dog</p> <p>Spiced Pinto Beans Other Vegetable Mixed Fruit Fresh Fruit Choice Choice of Milk</p> | <p>13</p> <p>Bun, Hamburger WG White Wheat</p> <p>Steamed Corn Other Vegetable Pineapple Tidbits Fresh Fruit Choice Choice of Milk</p> | <p>14</p> <p>Chicken Potstickers Chicken Fried Rice</p> <p>Kung Fu Carrots Other Vegetable Applesauce Fresh Fruit Choice Choice of Milk</p> | <p>15</p> <p>Cheese Pizza</p> <p>Roasted Broccoli Other Vegetable Diced Pears Fresh Fruit Choice Choice of Milk</p> |
| <p>18</p> <p>Soft Beef Tacos</p> <p>Collard Greens Red/Orange Vegetable Diced Peaches Fresh Fruit Choice Choice of Milk</p> | <p>19</p> <p>Chicken Patty Sandwich</p> <p>Honey Roasted Cinnamon Chickpea Red/Orange Vegetable Mixed Fruit Fresh Fruit Choice Choice of Milk</p> | <p>20</p> <p>Cheeseburger on WG Bun</p> <p>Baby Carrots Red/Orange Vegetable Pineapple Tidbits Fresh Fruit Choice Choice of Milk</p> | <p>21</p> <p>Popcorn Chicken Whole Grain Dinner Roll</p> <p>Steamed Corn Red/Orange Vegetable Applesauce Fresh Fruit Choice Choice of Milk</p> | <p>22</p> <p>Beef Chili Cornbread Bowl</p> <p>Steamed Green Beans Red/Orange Vegetable Diced Pears Fresh Fruit Choice Choice of Milk</p> |
| <p>25</p> <p>Corn Dog</p> <p>Steamed Peas Other Vegetable Diced Peaches Fresh Fruit Choice Choice of Milk</p> | <p>26</p> <p>Pancakes Pork Sausage Link</p> <p>Sweet Potato Puffs Other Vegetable Mixed Fruit Fresh Fruit Choice Choice of Milk</p> | <p>27</p> <p>Popcorn Chicken</p> <p>Steamed Carrots Other Vegetable Pineapple Tidbits Fresh Fruit Choice Choice of Milk</p> | <p>28</p> | <p>29</p> |

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| PRICES | All Students | Free |
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