



# November 2022

## ALAMOGORDO BREAKFAST MENU



Due to supply chain demands, menu is subject to change.

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1 Breakfast Latin Bake 1 serv**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**2 Fruit & Yogurt Parfait 1 ea.**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**3 Breakfast Pizza 1 ea.**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**4 Egg & Potato Cheese Scramble 1 ea.**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**7 Pancake Sausage on a Stick 1 ea.**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**8 Veggie Breakfast Bowl 1 ea.**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**9 Biscuit w. Sausage Gravy 1ea**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**10 Egg & Cheese Burrito**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**11**  
  
School Closed

**14 Pancakes, Syrup**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**15 Ham & Cheese Eggwich**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**16 Bacon & Cheese Frittata Cup**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**17 Sausage Breakfast Pizza**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**18 Sausage Biscuit**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate



# Happy Thanksgiving



**29 Assorted Whole Grain Muffin String Cheese**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**30 Breakfast Bowl w/ a Biscuit**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

**31 Waffle / Syrup**  
**Assorted WG Cereal**  
Fresh Fruit: Apple, Orange, Banana, Strawberries, Grapes, 100% Apple, Grape  
Orange Juice  
1% Milk  
Skim Chocolate

Key: BeWell Healthy Choice Vegetarian (Ovo-Lacto) Local

This institution is an equal opportunity provider

For questions and comments, please email the Food Service Director Anthony padilla@k12byelior.com

ELIOR NORTH AMERICA