


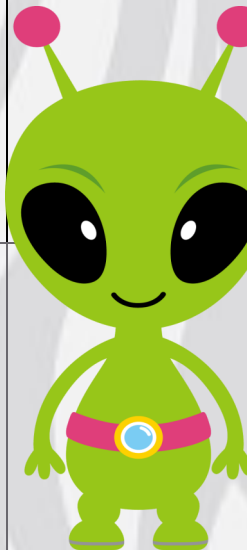


LIZA JACKSON PREPARATORY

BREAKFAST MENU NOVEMBER 2023

		<u>1</u> BREAKFAST Hot Cinnamon Roll Fruit Choice 100% Assorted Juice Milk Choice	<u>2</u> BREAKFAST Breakfast on a Stick Fruit Choice 100% Assorted Juice Milk Choice	<u>3</u> BREAKFAST Crispy Chicken Biscuit Fruit Choice 100% Assorted Juice Milk Choice
<u>6</u> BREAKFAST French Toast Sticks Fruit Choice 100% Assorted Juice Milk Choice	<u>7</u> BREAKFAST Sausage Biscuit Fruit Choice 100% Assorted Juice Milk Choice	<u>8</u> BREAKFAST Crispy Chicken Biscuit Fruit Choice 100% Assorted Juice Milk Choice	<u>9</u> BREAKFAST Hot Cinnamon Roll Fruit Choice 100% Assorted Juice Milk Choice	<u>10</u> NO SCHOOL VETERANS DAY
<u>13</u> BREAKFAST Mini Pancake Bites Fruit Choice 100% Assorted Juice Milk Choice	<u>14</u> BREAKFAST Breakfast Pizza Fruit Choice 100% Assorted Juice Milk Choice	<u>15</u> BREAKFAST Dutch Waffles Fruit Choice 100% Assorted Juice Milk Choice	<u>16</u> BREAKFAST Hot Cinnamon Roll Fruit Choice 100% Assorted Juice Milk Choice	<u>17</u> BREAKFAST Sausage Biscuit Fruit Choice 100% Assorted Juice Milk Choice
				
<u>27</u> BREAKFAST French Toast Sticks Fruit Choice 100% Assorted Juice Milk Choice	<u>28</u> BREAKFAST Hot Cinnamon Roll Fruit Choice 100% Assorted Juice Milk Choice	<u>29</u> BREAKFAST Sausage Biscuit Fruit Choice 100% Assorted Juice Milk Choice	<u>30</u> BREAKFAST Cinnamon Waffles Fruit Choice 100% Assorted Juice Milk Choice	

FRESH PICK RECIPE

LEMONY SMASHED POTATOES

- 12 New Potatoes (small)
- 2 tablespoons olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 cp. Fresh parsley, sliced
- 1 cup nonfat sour cream
- 1 1/2 tablespoon chives, chopped small
- Sea salt and pepper

1. Boil potatoes in pot of water until soft and drain
2. Grease a large baking sheet with 1/2 tablespoon of the olive oil
3. Place the potatoes on the baking sheet. Smash each potato with your hand until they break slightly open.
4. Mix the remaining oil with the lemon juice. Drizzle mixture over the potatoes. Salt and pepper the potatoes.
5. Bake in 450 degree oven for 25 minutes or until the potatoes are a bit crispy and golden.
6. Remove potatoes from oven and sprinkle with the parsley.
7. Mix the chives with the sour cream and serve on the side.

NUTRITION FACTS
AVAILABLE UPON
REQUEST

Additional Entrée items offered at Breakfast include: Assorted Breakfast Bars, Pop Tarts, and Assorted Breakfast Cereals.

Milk Choice includes: 1% Plain, Fat-Free Chocolate, Fat-Free Strawberry
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