MENDOCINO UNIFIED SCHOOL DISTRICT

SCHOOL BREAKFAST MENU

NOVEMBER 2026

Comptche School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Whole-Grain Mini Muffins	3 Chicken & Waffles	4 Yogurt Parfait	5 Whole-Grain Mini Cinnis	6 Pancake & Sausage on a Stick
9 Whole-Grain Churros	10 Egg & Cheese Breakfast Sandwich	11 NO SCHOOL Veterans Day	12 French Toast Sticks & Chicken Sausage	13 Pumpkin Pancakes & Chicken Sausage
16 Whole-Grain Mini Muffins	17 Pumpkin Pancakes & Chicken Sausage	18 Yogurt Parfait	19 Egg & Cheese Breakfast Sandwich	20 French Toast Sticks & Chicken Sausage
23 NO SCHOOL Thanksgiving Break	24 NO SCHOOL Thanksgiving Break	25 NO SCHOOL Thanksgiving Break	26 NO SCHOOL Thanksgiving Break	27 NO SCHOOL Thanksgiving Break
30 Whole-Grain Mini Cinnis				

This Month

HARVEST OF THE MONTH
Pears

Pears are among the oldest cultivated fruits, with evidence of cultivation dating back to 5000 B.C.

MORNING FUEL
Fuel Tip

Eating a balanced breakfast with protein, whole grains, fruits, and vegetables gives you steady energy.

DID YOU KNOW?
Pears

Pears belong to the rose family (Rosaceae), alongside apples, cherries, and peaches.

Cold cereal is available daily in addition to the breakfast special.

Fresh Seasonal Fruit

Choice of Milk

Fresh seasonal fruit and milk are offered with every breakfast.

Choose at least 3 items, including at least ½ cup fruit.

Menus are subject to change based on product availability.