



School Information: It's getting cold outside. Head inside for some yummy breakfast options. This institution is an equal opportunity provider.



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Warm Cinnamon Toast
Crunch Bar
Scooby Grahams
Fresh Apple

1

Breakfast Burrito
Orange Juice Box
Carrot Sticks

2

Honey Bun
Goldfish
Orange

3

Trix Cereal & Milk
Cheese Stick
Apple Slices

4

Strawberry Pop-tart
Cheese Stick
Tropical Fruit Cup

7

French Toast
Cheez-its
Fresh Apple

8

Sausage Stuffed Hash
Browns
Fruit Punch Juice Box
Fresh Orange

9

Pancakes
Goldfish Graham
Apple Slices

10

Veterans Day
No School

11

Breakfast Pizza
Chex Mix
Peach Fruit Cup

14

Muffin
Goldfish Graham
Fresh apple

15

Lucky Charm Cereal & Milk
Apple Juice
Orange

16

Smoothie
Cheez-its
Apple Slices

17

Cocoa Puff Cereal Bar
Cheese Stick
Carrot Sticks

18

Rice Krispy Treat
Cheese Stick
Mixed Fruit Cup

21

Cin-mini
Goldfish
Fresh Apple

22

No School

23

No School

24

No School

25

Cinnamon Toast Crunch
Cereal Bar
Cheese Stick
Tropical Fruit Cup

28

Apple Strudel
Scooby Graham
Fresh Apple

29

Breakfast Burrito
Grape Juice Box
Fresh Orange

30

