

# November

## BREAKFAST

| Sun                                                                  | Mon                                                   | Tue                                                                                                    | Wed                                                                                       | Thu                                                                                                     | Fri                                                                                         | Sat |
|----------------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----|
| 1% white milk or 1% chocolate milk. Cereal served daily as a choice. |                                                       |                                                                                                        |                                                                                           |                                                                                                         |                                                                                             | 1   |
| 2                                                                    | 3<br>Egg, Cheese and Sausage Scrambler<br>Fruit Juice | 4<br>Donut<br>Yogurt<br>Fruit Juice                                                                    | 5<br>Biscuit and Gravy<br>Fruit Juice                                                     | 6<br>Poptart<br>Fruit Juice                                                                             | 7<br>Pancakes<br>Syrup<br>Fruit                                                             | 8   |
| 9                                                                    | 10<br>Breakfast Burrito<br>Fruit Juice                | 11<br>NO SCHOOL<br> | 12<br>Biscuit and Gravy<br>Fruit Juice                                                    | 13<br>Strawberry Cocoa Puff Parfait<br>Sunflower Seeds<br>Fruit                                         | 14<br>Muffin and Cereal<br>Fruit Juice                                                      | 15  |
| 16                                                                   | 17<br>Cini minis<br>Fruit Juice                       | 18<br>Donut<br>Yogurt<br>Fruit Juice                                                                   | 19<br>Biscuit and Gravy<br>Fruit Juice                                                    | 20<br>Cereal<br>Yogurt<br>Fruit                                                                         | 21<br>Sausage and Egg<br>Biscuit<br>Fruit Juice                                             | 22  |
| 23                                                                   | 24<br>Cooks Choice                                    | 25<br>Donut<br>Yogurt<br>Fruit Juice                                                                   | 26<br> | 27<br>NO SCHOOL<br> | 28<br> | 29  |
|                                                                      |                                                       |                                                                                                        |                                                                                           |                                                                                                         |                                                                                             |     |