



BREAKFAST

NOVEMBER 2018

All Meals served with
100% Juice and Milk
Low Sugar Cereal
ALTERNATIVE

Monday

Tuesday

Wednesday

Thursday

Friday

Tornado

5

Apple Strudel
Cheese Stick

6

Bagel
Cream Cheese

7

Soft Pretzel
Cheese Stick

1

Cinnamon Roll
Yogurt

2

Veterans
Day

12

Pancake
Sausage

13

Nutra Grain Bar
Yogurt

14

Breakfast
Burrito w/salsa

15

Cinnamon Rolls
Yogurt

16

Apple Strudel
Cheese Stick

19

Muffin
Yogurt

20

Parent
Conference Day

21

HOLIDAY

22

HOLIDAY

23

Sausage Biscuit

26

Breakfast Pizza
yogurt

27

Soft Pretzel
Cheese Stick

28

Cereal Bar
Strawberry Yogurt

29

Bagel w/Cream
Cheese

30

One kind word can change someone's whole day.