

November

Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Whole Grain Cereal String Cheese Fresh Orange Fruit Juice Choice Milk Choice	2 Pancake on a Stick Fruit Cocktail Fruit Juice Choice Milk Choice	3 Biscuit & Gravy Fresh Banana Fruit Juice Choice Milk Choice	4 Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Choice Milk Choice	5 Whole Grain Muffin Tropical Fruit Fruit Juice Choice Milk Choice	6
7	8 Mini Waffles w/ Syrup Fresh Pineapple Fruit Juice Choice Milk Choice	9 Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Choice Milk Choice	10 WW Bagel W/ Toppings Fresh Strawberries Fruit Juice Choice Milk Choice	11 Breakfast Pita w/ Tomato Salsa Sliced Pears Fruit Juice Choice Milk Choice	12 Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Choice Milk Choice	13
14	15 Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Choice Milk Choice	16 Biscuit & Gravy Pineapple Chunks Fruit Juice Choice Milk Choice	17 Cinnamon Toast Fresh Citrus Fruit Cup Fruit Juice Choice Milk Choice	18 Western Omelet Quesadilla w/ Tomato Salsa Fresh Grapes Fruit Juice Choice Milk Choice	19 French Toast Sticks w/ Syrup Fruit Cocktail Fruit Juice Choice Milk Choice	20
21	22 Whole Grain Cinnamon Roll Fresh Bananas Fruit Juice Choice Milk Choice	23 Mini Waffles w/ Syrup Apricot Halves Fruit Juice Choice Milk Choice	24	25	26	27
			THANKSGIVING		BREAK	
28	29 Whole Grain Cereal Sausage Patty Diced Pears Fruit Juice Choice Milk Choice	30 Biscuit & Gravy Fresh Oranges Fruit Juice Choice Milk Choice				