

November 2022

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