

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

- 1 fruit/ vegetable = 1 cup
- fruit/juice and/or vegetable
- 1 whole grain rich selection(s) = 1oz
- biscuit, roll, muffin, bread, cereal
- 1 milk = 1 Cup
- fluid milk

Menu is subject to change without notice



This institution is an equal opportunity provider.

DECA

NOVEMBER 2021
Breakfast Calendar

PREP/MIDDLE

Mon	Tue	Wed	Thu	Fri
1 Chat Snax Cheese Sticks 100% Fruit Juice Apple Milk	2 Poptart Applesauce Cup Banana Milk	3 Chocolate Animal Crackers 100% Fruit Juice Cherry Craisins Milk	4 Cold Cereal Cinnamon Goldfish Apple Milk	5 Mini Donut 100% Fruit Juice Raisins Milk
8 Chewy Granola Applesauce Cup Raisins Milk	9 Strawberry ZeeZee Banana 100%Fruit Juice Milk	10 Cinnamon Muffin Yogurt Apple Cranberries Milk	11 Cold Cereal Graham Crackers Apple Slices 100% Fruit Juice Milk	12 Apple Frudel 100% Fruit Juice Applesauce Cup Milk
15 Animal Crackers Applesauce Cup 100% Fruit Juice Milk	16 Cold Cereal Graham Cracker Banana Raisins Milk	17 Cereal Bar 100% Fruit Juice Apple Milk	18 Breakfast Bar Yogurt Applesauce Cup 100% Fruit Juice Milk	19Cinnamon Pastry 100% Fruit Juice Fruit Cup Milk
22 Poptart 100% Fruit Juice Applesauce Cup Milk	23 Mini Muffins 100% Fruit Juice Apple Slices Milk	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
29 Cold Cereal Cinnamon Goldfish Raisins Applesauce Cup Milk	30 Breakfast Bar 100% Fruit Juice Banana Milk			