



OK Region Secondary Breakfast

NOV 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Biscuit & Gravy
Cinnamon Roll

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Bananas & Applesauce  
Milk

**2**

Breakfast on a Stick  
Apple Frudel

~~~~~

Orange Smiles & Strawberries
Milk

3

Sausage Biscuit
Cinnamon Toast Crunch Breakfast
Bar

~~~~~

Apples & Diced Peaches  
Milk

**4**

Homestyle Breakfast Plate  
Pancakes

~~~~~

Orange Smiles & Blueberries
Milk

7

Pancake Sausage Bites
Mixed Berry Parfait

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Apples & Diced Pears  
Milk

**8**

Biscuit & Gravy  
Blueberry Muffin

~~~~~

Bananas & Applesauce
Milk

9

Breakfast Pizza
Mini Cinnamon Rolls

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Orange Smiles & Strawberries  
Milk

**10**

American Breakfast Sandwich  
French Toast Sticks

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Apples & Diced Peaches
Milk

11

Breakfast Egg Taco
Biscuit & Jelly

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Orange Smiles & Blueberries  
Milk

Assortment of Cereal Offered Daily!

Variety of low-fat milk offered daily

**14**

Pancake Sausage Bites  
Strawberry Fields Parfait

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Apples & Diced Pears
Milk

15

Biscuit & Gravy
Banana Muffin

~~~~~

Bananas & Applesauce  
Milk

**16**

Breakfast Pizza  
Mini Strawberry Bagels w/ Cream  
Cheese

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Orange Smiles & Strawberries
Milk

17

English Muffin Breakfast Sandwich
French Toast Sticks

~~~~~

Apples & Diced Peaches  
Milk

**18**

Breakfast Egg Taco  
Toasted Waffles

~~~~~

Orange Smiles & Blueberries
Milk

Remember to grab a fruit for a reimbursable meal!

21

Breakfast on a Stick
Blueberry Patch Parfait

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Apples & Diced Pears  
Milk

**22**

Biscuits & Gravy  
Cinnamon Roll

~~~~~

Bananas & Apple

23

Breakfast Pizza
Apple Frudel

~~~~~

Orange Smiles & Strawberries  
Milk

**24**

Sausage Biscuit  
Cinnamon Toast Crunch Breakfast  
Bar

~~~~~

Apples & Diced Peaches
Milk

25

Homestyle Breakfast Plate
Pancakes

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Orange Smiles & Blueberries  
Milk

Menu subject to change based on product availability

**28**

Pancake Sausage Bites  
Just Peachy Parfait

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Apples & Diced Pears
Milk

29

Biscuit & Gravy
Chocolate Muffin

~~~~~

Banana & Applesauce  
Milk

**30**

Breakfast Pizza  
Mini Strawberry Bagels w/ Cream  
Cheese

~~~~~

Orange Smiles & Strawberries
Milk

31

Breakfast on a Stick
Apple Frudel

~~~~~

Orange Smiles & Strawberries  
Milk

**32**

Breakfast Pizza  
Mini Strawberry Bagels w/ Cream  
Cheese

~~~~~

Orange Smiles & Strawberries
Milk