

November 2023

DECA PREP/MIDDLE

Breakfast Calendar

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

Fruit/ Vegetable = minimum 1 cup

--fruit juice and/or vegetable

Whole grain rich (WG) selection(s) =

minimum oz -- biscuit, roll, muffin,
bread, cereal

1 milk = 1 cup





-- fluid milk

1% and 1% chocolate served daily

**Menu is subject to change
based on product availability**

**This institution is an
equal opportunity
provider.**



Mon	Tue	Wed	Thu	Fri
		1 Mini Cinnis Cheddar Goldfish 100% Fruit Juice Cranberries	2 Cereal Bar Yogurt 100% Fruit Juice Raisins	3 Mini Muffins Goldfish 100% Fruit Juice Apples
6 Super Donut Cheese Stick 100% Fruit Juice Cranberries	7 Blueberry Breakfast Bread 100% Fruit Juice Banana	8 Cold Cereal Cinnamon Goldfish 100% Fruit Juice Apple	7 Teddy Graham Yogurt 100% Fruit Juice Raisins	10 Cinnamon Bun GoGurt 100% Fruit Juice Apple Slices
13 Scooby Stick Cold Cereal 10% Fruit Juice Apple	14 Super Donut Strawberry Craisins 100% Fruit Juice	15 Pop Tart Cheese Sticks 100% Fruit Juice Apple Slices	16 Bug Bites GoGurt 100% Fruit Juice Raisins	17 Mini Muffins Goldfish 100% Fruit Juice Cranberries
20 No School 	21 No School 	22 No School 23 No School 24 No School 		
27 Cereal Bar w/ Goldfish 100% Fruit Juice Crasins	28 Crunchmania Cheese Stick 100% Fruit Juice Banana	29 Cinnamon Bun GoGurt 100% Fruit Juice Cranberries	30 Pop Tart Yogurt 100% Fruit Juice Apple	