

November 2023

DECA HIGH

Breakfast Calendar

Breakfast Meal Pattern - 9-12th
 Select a minimum of 3 components
Fruit/ Vegetable = minimum 1 cup
 --fruit juice and/or vegetable
Whole grain rich (WG) selection(s) =
 minimum 2oz -- 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 Cold Cereal 100% Fruit Juice Orange Slices	2 Cereal Bar Yogurt Pop Tart 100% Fruit Juice Raisins	3 Mini Pancakes Turkey Bacon Cold Cereal Yogurt 100% Fruit Juice Apples
	6 Super Donut Cereal Bar Cheese Stick 100% Fruit Juice Cranberries	7 Wg Bagel/Jelly Cream Cheese Teddy Graham Yogurt 100% Fruit Juice Raisins	8 Pop Tart Turkey Bacon Cold Cereal 100% Fruit Juice Banana	9 Cereal Bar Cheddar Goldfish Yogurt 100% Fruit Juice Apple	10 Chicken Biscuit Cinn Goldfish Yogurt 100% Fruit Juice Apple
	13 Apple Strudel Nutri Grain Bar 100% Fruit Juice Raisins	14 Cinnamon Bun Cheddar Goldfish 100% Fruit Juice Banana	15 Pop Tart Cold Cereal Cheese Sticks 100% Fruit Juice Cranberries	16 Mini Muffins Cold Cereal /Bug Bites/Yogurt 100% Fruit Juice Apple Slices Cranberries	17 Super Donut Turkey Sausage Cinn Goldfish 100% Fruit Juice Apple Slices
	20 No School 	21 No School 	22 No School	23 No School 	24 No School
	27 Pop Tart w/ Goldfish 100% Fruit Juice Apple Crasins	28 Cereal/Chat Snax Bagel w/Lite Cream Cheese Yogurt 100% Fruit Juice Apple Slices	29 Blueberry Bread String Cheese Cold Cereal 100% Fruit Juice Banana	30 Mini Muffins Cereal Bar Yogurt 100% Fruit Juice Raisins	