










Center For Lifelong Learning
BREAKFAST

November 1 - November 30



What's Cooking Today?

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
|  |  |  |  |  |
| 4 Mixed Fruit Cup - 1/2c 100% Apple Juice-4oz. W/G Cinnamon Toasters-1oz W/G Corn Muffin - 2oz Milk-8 oz. | 5 Fresh Orange-1 Multigrain Cheerios - 1oz. Apple Breakfast Bar - 1 Milk-8 oz. | 6 Fresh Pear - 1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz. | 7  | 8  |
| 11 Fresh Apple-1 W/G Fruit Loops Cereal -1oz. W/G Graham Crackers-3pk Milk-8 oz. | 12 Peach Applesauce Cup-1/2c 100% Fruit Punch-4 oz. W/G Corn Flakes Ceral-1oz W/G Chocolate Tiger Bites-1 Milk-8 oz. | 13 Fresh Pear - 1 W/G Blueberry Bagel w/ Cream Cheese - 1 Milk - 8oz | 14 Fresh Orange - 1 W/G Superdonut - 2oz. Milk-8 oz. | 15 Mixed Fruit Cup - 1/2c. 100% Apple Juice - 4oz W/G Croissant with Margarine - 2.2oz Milk-8 oz. |
| 18 Fresh Apple-1 W/G Rice Chex Cereal W/G Graham Crackers-3pk Milk-8 oz. | 19 Applesauce Cup -1/2c 100% Orange Juice - 4oz. Multigrain Cheerios - 1oz. W/G Cinnamon Tiger Bites- 1 Milk-8 oz. | 20 Fresh Pear - 1 W/G Cinnamon Poptarts-2k Milk -8oz. | 21 Diced Pear Cup - 1/2c. 100% Straw-Kiwi Juice - 4oz. W/G Honey Scooters - 1oz W/G Chat Snax-1 Milk-8 oz. | 22 Mandarin Orange Cup - 1/2 100% Grape Juice - 4oz. W/G Frosted Mini Wheats - 1oz. W/G Blueberry Muffin-2oz Milk-8 oz. |
| 25 Applesauce Cup - 1/2c 100% Orange Juice - 4oz. Multigrain Cheerios - 1oz. W/G Cinnamon Tiger Bites - 1 Milk-8 oz. | 26 Peach Applesauce Cup-1/2c 100% Grape Juice - 4oz. Corn Flakes Cereal - 1oz W/G Graham Crackers - 3pk Milk-8 oz. | 27 Fresh Pear - 1 W/G Croissant with Margarine - 2.2oz. Milk - 8oz | 28  | 29  |