

# NOVEMBER 2024

## BREAKFAST



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



CEREAL  
DICED PEARS  
100% FRUIT JUICE  
MILK

4

CONFETTI PANCAKES  
APPLESAUCE  
100 % FRUIT JUICE  
MILK

5

SAUSAGE BISCUIT  
TROPICAL FRUIT CUP  
100% FRUIT JUICE  
MILK

6

GRILLED CHEESE  
FRUIT COCKTAIL  
100% FRUIT JUICE  
MILK

7

BLUEBERRY MUFFIN  
YOGURT  
DICED PEACHES  
FRUIT JUICE  
MILK

1

CHERRY FRUDEL  
MANDARIN ORANGES  
100% FRUIT JUICE  
MILK

8

**Veterans Day**

11

\*\*\*NO SCHOOL\*\*\*

PANCAKE WRAPS  
DICED PEACHES  
100% FRUIT JUICE  
MILK

12

CHICKEN BISCUIT  
DICED PEARS  
100% FRUIT JUICE  
MILK

13

OATMEAL ROUND  
YOGURT  
PINEAPPLE TIDBITS  
100% FRUIT JUICE  
MILK

14

CHERRY FRUDEL  
APPLESAUCE  
100 % FRUIT JUICE  
MILK

15

CEREAL  
100% FRUIT JUICE  
TROPICAL FRUIT CUP  
MILK

18

BLUEBERRY WAFFLES  
FRUIT COCKTAIL  
100% FRUIT JUICE  
MILK

19

BACON, EGG AND CHEESE  
BISCUIT  
MANDARIN ORANGES  
100% FRUIT JUICE  
MILK

20

OATMEAL  
SAUSAGE LINK  
DICED PEACHES  
100% FRUIT JUICE  
MILK

21

FRENCH TOAST  
DICED PEARS  
100% FRUIT JUICE  
MILK

22

**National Parfait Day**

25

\*\*\*NO SCHOOL\*\*\*

\*\*\* NO SCHOOL \*\*\*

26

\*\*\*NO SCHOOL\*\*\*

27

HAPPY THANKSGIVING

28

\*\*\*NO SCHOOL\*\*\*

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