

November 2025

BREAKFAST K-12



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and whole grain cereal to get in two more food groups!

Monday

3 WG Hot Cream of Wheat (1 Cup)
100% Orange Juice (½ Cup)
Applesauce (½ Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)

Tuesday

4 Scramble Eggs w/Cheese (1 oz.)
WG Waffles (1 oz.)
Pear Halves (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk
ALT: Veggie Sausage (1 oz.)
Condiment: PC Syrup

Wednesday

5 WG Honey Nut Cheerios (1 oz.)
WG Corn Bread (1 oz.)
Peach Slices (1 Cup)
1% White Milk or Assorted Flavored Milk (8 oz.)

Thursday

6 WG Slice Bread (2 Slices)
Peanut butter/Biscoff Jelly (1 oz.)
Pineapple Chunks (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)

Friday

7 Grilled Croissant
WG Croissant (1.5 oz.)
Sliced Cheese (1 oz.)
Mixed Fruit (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)

10 WG Hot Oatmeal (1 Cup)
Applesauce (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)



12 WG Slice Bread (2 Slices)
Peanut Butter/Biscoff Jelly (8 oz.)
Mandarin Orange (1 Cup)
1% White Milk Assorted Fat Free Milk (8 oz.)

13 WG Cinnamon Toast Crunch (1 oz.)
WG Corn Bread (1 oz.)
Sliced Peaches (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)

14 Scrambled Eggs (1 oz.)
WG Croissant (1.5 oz.)
Applesauce (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt: Scrambled Tofu (2.2 oz.)

17 WG Hot Cream of Wheat (1 Cup)
Fruit Cocktail (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)

18 Grilled Croissant
Cheese (1 oz.)
WG Croissant (1.5 oz.)
Cinnamon Applesauce (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)

19 WG Frosted Corn Flakes (1 oz.)
WG Banana Muffin (1 oz.)
Mandarin Oranges (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)

20 Scrambled Eggs (1.5 oz.) topped w/
shredded cheese (1/8 oz.)
WG Pancakes (1 oz.)
Tropical Fruits (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt: Scrambled Tofu (1 oz.)

21 WG Hot Cream of Wheat (1 Cup)
Applesauce (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)

24 Honey Nut Scooters (1 oz.)
Banana Muffin (1 oz.)
Applesauce (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)

25 WG Croissants (1.5 oz.)
Turkey Sausage (1oz)
Pineapple Chunks (1 Cup)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
Alt. Veggie Sausage (1 oz.)

26 Peanut Butter/ Biscoff Jelly (1 oz.)
WG Sliced Bread (2 slices)
Applesauce (1/2)
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)

