November 2026

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	Tuesday	Wednesday	Thursday	Friday
2 **HOLIDAY**	**3** 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**	**4** WG Slice Bread (2 Slices) Peanut butter/Jelly (1 oz.) Pineapple Chunks (1 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)	**5** WG Honey Nut Cheerios (1 oz.) WG Corn Bread (1 oz.) Tropical Fruit Salad (1 Cup) 1% White Milk or Assorted Flavored Milk (8 oz.)	**6** *Grilled Croissant* WG Croissant (1.5 oz.) Sliced Cheese (1 oz.) 100% Grape Juice (1/2 Cup) Applesauce (1/2 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
9 WG Slice Bread (2 Slices) Peanut Butter/Biscoff Jelly (8 oz.) Applesauce (1 Cup) 1% White Milk Assorted Fat Free Milk (8 oz.)	**10** WG Hot Oatmeal (1 Cup) 100% Fruit Punch (1/2 Cup) Manadarin Orange (1/2 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)	**11** 	**12** Scrambled Eggs (1 oz.) WG Croissant (1.5 oz.) Fruit Cocktail (1 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.) **Alt: Veggie Sausage (2.2 oz.)**	**13** WG Cinnamon Toast Crunch (1 oz.) WG Blueberry Muffin (1 oz.) Sliced Peaches (1 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
16 WG Hot Cream of Wheat (1 Cup) Fruit Cocktail (1 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)	**17** Grilled Croissant Cheese (1 oz.) WG Croissant (1.5 oz.) Applesauce (1 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)	**18** 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.)	**19** Scrambled Eggs (1.5 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.)**	Peanut Butter/Biscoff Jelly (1 oz.) **20** WG Slice Bread (2 slices) 100% Apple Juice (1/2 Cup) Slice Peaches (1/2 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)
23 WG Croissants (1.5 oz.) Turkey Sausage (1 oz.) Pineapple Chunks (1 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)	**24** Honey Nut Scooters (1 oz.) WG Banana Muffin (1 oz.) Pear Halves (1 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)	**25** Peanut Butter/Jelly (1 oz.) WG Sliced Bread (2 slices) 100% Fruit Juice (1/2 Cup) Applesauce (1/2 Cup) 1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)	**26** HOLIDAY THANKSGIVING DAY 	**27** THANKSGIVING BREAK 

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