RINGGOLD ELEMENTARY BREAKFAST

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CINNAMON RAISIN BAGEL W/ LITE CREAM CHEESE FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	3 WG CHEERIOS CEREAL BOWL FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	4 STRAWBERRY OATMEAL BAR FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	5 GOLDFISH CINNAMON CRACKERS CHEDDAR CHEESE CUBES FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	6 APPLE CINNAMON MUFFIN FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK
9 STRAWBERRY POP TART FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	10 NO SCHOOL	11 NO SCHOOL	12 COCO PUFF CEREAL BAR FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	13 BANANA MUFFIN FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK
16 STRAWBERRY CREAM CHEESE MINI BAGEL FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	17 CINNAMON TOAST GRAHAM CRACKERS FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	18 CHOCOLATE CHIP OATMEAL BAR FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	19 WG BLUEBERRY CREREAL BAR FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	20 BLUEBERRY MUFFIN FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK
23 CHOCOLATE MUFFIN FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	24 CHCOLATE CHERRY BAKED BAR FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	25 COCO PUFFS CEREAL BOWL FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	26 NO SCHOOL	27 NO SCHOOL
30 NO SCHOOL				

WHAT MAKES A BREAKFAST
3 COMPONENTS
1 CUP FRUIT OR VEGETABLE
1OZ WHOLE GRAIN MEAT OR MEAT ALTERNATE
8OZ LOWFAT MILK



Contact The District Food Service Directors,
Amanda Fronzaglio at afronzaglio@ringgold.org
Kevin Pulit at kpulit@avifoodsystems.com
with any questions or concerns.

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