Stride Academy Middle Breakfast Menu

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Banana Chocolate Mini-Loaf OR Cinnamon Toast Cereal, WG Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**3** Apple Frudel, WG OR Cinnamon Toast Crunch Cereal, WG Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**4** French Toast Bites, WG Cheese Stick OR Cinnamon Toast Crunch Cereal, WG Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk	**5** Peach Yogurt Goldfish Graham Crackers OR Cinnamon Toast Crunch Cereal, WG Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk	**6** Breakfast Sandwich OR Cinnamon Toast Crunch Cereal, WG Fun with D&J Crackers 100% Orange Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk
9 Blueberry Muffin, WG Cheese Stick OR Trix Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**10** Cinnamon Cream Cheese Filled Bagel, WG OR Trix Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**11** Pancake on a Stick,WG OR Trix Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**12** Mini-Cinnis OR Trix Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**13** Chicken Waffle Sandwich OR Trix Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk
16 Brekkie, WG OR Cocoa Puffs Cereal, WG Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**17** French Toast Sticks OR Cocoa Puffs Cereal, WG Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**18** Strawberry Banana Yogurt Homemade Granola OR Cocoa Puffs Cereal, WG Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**19** Maple Madness Mini Waffle, WG OR Cocoa Puffs Cereal, WG Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**20** Plain Bagel, WG Strawberry Cream Cheese OR Cocoa Puffs Cereal, WG Fun with D&J Crackers Fruit Selection 100% Orange Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk
23 Cocoa Puffs Cereal Bar, WG Cheese Stick OR Honey Cheerios Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**24** Breakfast Munchable OR Honey Cheerios Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**25** No School!	**26** No School!	**27** No School!
30 French Toast Mini Loaf Cheese Stick OR Honey Cheerios Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk	**1**			"November teaches us that change is beautiful, just like the falling leaves." -Unknown-

PRICES

Special Diet forms are available for students with special dietary needs!

EXTRA INFO

You have a choice of breakfast items! You must take have a 1/2 cup of fruit OR Juice to make it a complete meal!

HARVEST OF THE MONTH

Menus and nutrition our app Taher Food4Life®

FOOD 4 LIFE TAHER

www.taher.com

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