BREAKFAST

# NOVEMBER 2026

Prairie-Hills School District #144

***Grab ~ Go !!***

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>Cereal Bowl<br>Cheese Stick<br>Cupped Fruit<br>Milk Choice | **3**<br>Banna Bread Loaf<br>Cupped Fruit<br>Milk Choice | **4**<br>Cereal Bar<br>Fruit Snack<br>Cupped Fruit<br>Milk Choice | **5**<br>Fruit Muffin<br>Yogurt Cup<br>Cupped Fruit<br>Milk Choice | **6**<br>Pop Tarts<br>Cheese Sticks<br>Cupped Fruit<br>Milk Choice |
| **9**<br>Cereal Bowl<br>Cheese Stick<br>Cupped Fruit<br>Milk Choice | **10**<br>Banna Bread Loaf<br>Cupped Fruit<br>Milk Choice | **11**<br>***Veteran's Day***<br>***No School*** | **12**<br>Fruit Muffin<br>Yogurt Cup<br>Cupped Fruit<br>Milk Choice | **13**<br>Pop Tarts<br>Cheese Sticks<br>Cupped Fruit<br>Milk Choice |
| **16**<br>Cereal Bowl<br>Cheese Stick<br>Cupped Fruit<br>Milk Choice | **17**<br>Banna Bread Loaf<br>Cupped Fruit<br>Milk Choice | **18**<br>Cereal Bar<br>Fruit Snack<br>Cupped Fruit<br>Milk Choice | **19**<br>Fruit Muffin<br>Yogurt Cup<br>Cupped Fruit<br>Milk Choice | **20**<br>Pop Tarts<br>Cheese Sticks<br>Cupped Fruit<br>Milk Choice |
| **23**<br>Cereal Bowl<br>Cheese Stick<br>Cupped Fruit<br>Milk Choice | **24**<br>No School | **25**<br>No School | **26**<br>**Thanksgiving Break**<br>**No School** | **27**<br>**Thanksgiving Break**<br>**No School** |
| **30**<br>Cereal Bowl<br>Cheese Stick<br>Cupped Fruit<br>Milk Choice | | | | |

Milk Choices are Whole White, 1% low-fat White and 1% low-fat Chocolate

Menu items are subject to change due to the availability of food items from vendors.

Mr. Thomas Collins / Food Service Manager (708) 877-3009 Ms. Carmen Smith-Cusic / District Chef (708) 877-3019