Dairy Free Breakfast

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Van's GF Waffle Goldfish Graham Crackers Fruit Selection Juice Selection Chocolate Soy Milk	**3** Scooby Snacks Sunbutter Fruit Selection Juice Selection Chocolate Soy Milk	**4** Choice of Cereal Graham Crackers Fruit Selection Juice Selection Vanilla Soy Milk	**5** Strawberry Pop-Tart, WG Hard Boiled Egg Fruit Selection Juice Selection Chocolate Soy Milk	**6** Delicious Essentials Banana Muffin Scooby Snacks Fruit Selection Juice Selection Chocolate Soy Milk
9 Strawberry Pop-Tart, WG Hard Boiled Egg Fruit Selection Juice Selection Chocolate Soy Milk	**10** Cocoa Puffs Cereal Bar, WG Fruit Selection Juice Selection Chocolate Soy Milk	**11** Choice of Cereal Graham Crackers Fruit Selection Juice Selection Vanilla Soy Milk	**12** Delicious Essentials Blueberry Muffin Hard Boiled Egg Fruit Selection Juice Selection Chocolate Soy Milk	**13** NO SCHOOL
16 Scooby Snacks Sunbutter Fruit and/or Vegetable Selection Juice Selection Chocolate Soy Milk	**17** Choice of Cereal Hard Boiled Egg Fruit Selection Juice Selection Vanilla Soy Milk	**18** Strawberry Pop-Tart, WG Goldfish Graham Crackers Fruit Selection Juice Selection Chocolate Soy Milk	**19** Delicious Essentials Banana Muffin Hard Boiled Egg Fruit Selection Juice Selection Chocolate Soy Milk	**20** NO SCHOOL
23 Goldfish Graham Crackers Sunbutter Fruit Selection Juice Selection Chocolate Soy Milk	**24** Cocoa Puffs Cereal Bar, WG Fruit Selection Juice Selection Chocolate Soy Milk	**25** NO SCHOOL	**26** NO SCHOOL	**27** NO SCH0OOL
30 Strawberry Pop-Tart, WG Goldfish Graham Crackers Fruit Selection Juice Selection Chocolate Soy Milk	**1**			

PRICES

EXTRA INFO

HARVEST OF THE MONTH



Your MENUS plus more information on our app Taher Food4Life®

FOOD 4 LIFE TAHER

www.taher.com

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