Gluten and Dairy Free Breakfast

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Glutino Breakfast Bar GF Graham Crackers Fruit Selection Juice Selection Chocolate Soy Milk	**3** Van's Gluten Free Waffle Fruit Selection Juice Selection Chocolate Soy Milk	**4** Cheerios Cereal GF Crackers Fruit Selection Juice Selection Vanilla Soy Milk	**5** Hard Boiled Egg GF Granola Bar Fruit Selection Juice Selection Chocolate Soy Milk	**6** GF Pretzels Sunbutter Fruit Selection Juice Selection Chocolate Soy Milk
9 Katz GF Toaster Pastry Hard boiled egg Fruit Selection Juice Selection Chocolate Soy Milk	**10** Glutino Breakfast Bar GF Crackers Fruit Selection Juice Selection Chocolate Soy Milk	**11** Chex Cereal Hard Boiled Egg Fruit Selection Juice Selection Vanilla Soy Milk	**12** GF Blueberry Muffin GF Pretzels Fruit Selection Juice Selection Chocolate Soy Milk	**13** NO SCHOOL
16 GF Graham Crackers Sunbutter Fruit and/or Vegetable Selection Juice Selection Chocolate Soy Milk	**17** Cheerios Cereal GF Crackers Choice of Fruit Juice Selection Vanilla Soy Milk	**18** GF Blueberry Muffin GF Crackers Fruit Selection Juice Selection Choice of Milk	**19** Katz GF Toaster Pastry Hard boiled egg Fruit Selection Juice Selection Chocolate Soy Milk	**20** NO SCHOOL
23 GF Pretzels Sunbutter Fruit Selection Juice Selection Chocolate Soy Milk	**24** Chex Cereal GF Crackers Fruit Selection Juice Selection Vanilla Soy Milk	**25** NO SCHOOL	**26** NO SCHOOL	**27** NO SCH0OOL
30 Katz GF Toaster Pastry GF Pretzel 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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