



This institution is an equal opportunity provider.



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and whole grain cereal to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Sausage, Egg, & Cheese Biscuit  
Apple/Banana/Orange Milk

1

Ham Breakfast Bar  
Pop tart  
Apple/Banana/Orange Milk

2

Breakfast Pizza  
Apple/Banana/Orange Milk

3

Sausage Pancake Stick  
Apple/Banana/Orange Milk

4

**No School**

5

Cheese Omelet  
Nutri Grain Bar  
Apple/Banana/Orange Milk

8

Ham Breakfast Bar  
Pop tart  
Apple/Banana/Orange Milk

9

Breakfast Pizza  
Apple/Banana/Orange Milk

10

Sausage Pancake Stick  
Apple/Banana/Orange Milk

11

Cereal Muffin  
Apple/Banana/Orange Milk

12

French Toast Sticks  
Sausage Links  
Apple/Banana/Orange

15

Ham Breakfast Bar  
Pop tart  
Apple/Banana/Orange Milk

16

Breakfast Pizza  
Apple/Banana/Orange Milk

17

Sausage Pancake Stick  
Apple/Banana/Orange Milk

18

Cereal  
Graham Crackers  
Apple/Banana/Orange Milk

19

Mini Cinnis  
Apple/Banana/Orange Milk

22

Ham Breakfast Bar  
Pop tart  
Apple/Banana/Orange Milk

23

Breakfast Pizza  
Apple/Banana/Orange Milk

24

**No School**  
**Happy Thanksgiving!**

25

**No School**

26



Apple Frudel  
Apple/Banana/Orange Milk

29

Ham Breakfast Bar  
Pop tart  
Apple/Banana/Orange Milk

29

**Milk offered daily:**  
White, Strawberry and  
Chocolate Skim Milk  
White 1% Milk

