



BREAKFAST MENU



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts 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

Cin. Toast
Crunch Bar
Fruit
Milk

1

Strawberry
Strudel
Fruit
Milk

2

Funnel
Cake
Fruit
Milk

3

Mini
Waffles
Fruit
Milk

4

Mini
Bagel
Fruit
Milk

7

Breakfast
Sandwich
Fruit
Milk

8

Banana
Bread
Fruit
Milk

9

NO
SCHOOL

10

NO
SCHOOL

11

Piggle
Stick
Fruit
Milk

14

Raspberry
Flip
Fruit
Milk

15

Dunkin
Stick
Fruit
Milk

16

Iced
Donut
Fruit
Milk

17

Mini
French Toast
Fruit
Milk

18

Apple
Frudel
Fruit
Milk

21

Breakfast
Sandwich
Fruit
Milk

22

NO
SCHOOL

23

NO
SCHOOL

24

NO
SCHOOL

25

NO
SCHOOL

28

29

30

