

## November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Biscuits and Gravy Or Cereal Pineapple Chunks Fruit Juice Choice Milk Choice	<b>2</b> Mini Waffles Mixed Fruit Fruit Juice Choice Milk Choice	<b>3</b> No SCHOOL	<b>4</b>
<b>5</b>	<b>6</b> French Toast Sausage links Or Cereal Fruit Juice Choice Mandarin Oranges Milk choice	<b>7</b> Egg Taco Toast Juice Choice Milk Choice	<b>8</b> Sausage Breakfast Or Cereal Sandwich Pineapple Chunks Fruit Juice Choice Milk Choice	<b>9</b> Pancake on a Stick Or Cereal Strawberry cup Fruit Juice Choice Milk Choice	<b>10</b> Whole Grain Cinnamon roll Mandarin Oranges Fruit Juice Choice Milk Choice	<b>11</b>
<b>12</b>	<b>13</b> Breakfast Buritto Hashbrown Salsa Applesauce Juice Choice Milk Choice	<b>14</b> Pancakes Or Cereal Sausage Patty Tropical Fruit Fruit Juice Choice Milk Choice	<b>15</b> Biscuits and Gravy Or Cereal Pineapple Chunks Fruit Juice Choice Milk Choice	<b>16</b> Mini Waffles Mixed Fruit Fruit Juice Choice Milk Choice	<b>17</b> Whole grain Muffin Yogurt Pears Fruit Juice Choice Milk Choice	<b>18</b>
<b>19</b>	<b>20</b> French Toast Sausage links Or Cereal Fruit Juice Choice Mandarin Oranges Milk choice	<b>21</b> Egg Taco Toast Juice Choice Milk Choice	<b>22</b> THANKSGIVING	<b>23</b> BREAK *****	<b>24</b> *****	<b>25</b>
<b>26</b>	<b>27</b> Breakfast Buritto Hashbrown Salsa Applesauce Juice Choice Milk Choice	<b>28</b> Pancakes Or Cereal Sausage Patty Tropical Fruit Fruit Juice Choice Milk Choice	<b>29</b> Biscuits and Gravy Or Cereal Pineapple Chunks Fruit Juice Choice Milk Choice	<b>30</b>	<b>Notes EATING RIGHT IS A BALANCING ACT. START EACH DAY OF WITH A BALANCED BREAKFAST AT SCHOOL AND YOU WILL BE READY TO JUGGLE THE CHALLENGES OF THE DAY.</b>	