

November Breakfast 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 French Toast sticks w/fresh banana and syrup fresh apple	2 Concha Applesauce cup fresh orange	3 Breakfast Burrito fresh kiwi fresh pear	4 Milk-1% white milk and non-fat chocolate are offered daily
5 Daily: Asst cereal Breakfast bar Yogurt parfait	6 Pancake Bites (6) w/syrup and grapes fresh Peach	7 Chicken sausage and waffle sandwich fresh apple, frozen strawberry cup	8 Cinnamon Crumb Loaf fresh banana fresh apple	9 Mantecada Applesauce cup fresh orange	10 No School	11 Hydration stations are located in all cafeterias at no charge
12	13 Cereal Blaster waffle fresh strawberries fresh peach	14 Breakfast pizza fresh apple, orange segments	15 French Toast sticks w/fresh banana and syrup fresh apple	16 Concha Applesauce cup fresh orange	17 Breakfast Burrito fresh kiwi fresh pear	18 All grains are whole- grain rich (51% or more of the grain in whole grain, the remaining grain is enriched)
19	20 No School	21 HAPPY	22 THANKSGIVING	23	24	25
26	27 Pancake Bites (6) w/syrup and grapes fresh Peach	28 Chicken sausage and waffle sandwich fresh apple, frozen strawberry cup	29 Cinnamon Crumb Loaf fresh banana fresh apple	30 Mantecada Applesauce cup fresh orange		