

**Achiever's Early College Prep**  
**Breakfast**

November 1 - November 30

## *What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mixed Fruit Cup-1/2 c. 100% Apple Juice-4 oz. W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	2 Pineapple Cup-1/2 c. 100% Grape Juice-4 oz. W/G Cinn. Toasters Cereal-1 oz. W/G Apple Breakfast Bar-1 Milk-8 oz.	3 Fresh Pear-1 Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	4 Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	5 Fresh Orange-1 W/G Honey Scooters-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.
8 Fresh Apple-1 W/G Rice Chex Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	9 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Frosted Mini Wheat Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	10 Fresh Pear-1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz.	11 Diced Peach Cup-1/2 c. 100% Apple Juice-4 oz. W/G Fruity Cheerios-1 oz. W/G Strawberry Wffle Grahams-2 Milk-8 oz.	12 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Apple Breakfast Bar-1 Milk-8 oz.
15 Pineapple Cup-1/2 c. 100% Grape Juice-4 oz. W/G Honey Scooters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	16 Fresh Red Apple-1 W/G Fruit Loops-1 oz. W/G Blueberry Muffin-2 oz. Milk-8 oz.	17 Fresh Orange-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	18 Fresh Pear-1 W/G Cinnamon Chex Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	19 Granny Smith Apple-1 W/G Superdonut-2 oz. Milk-8 oz.
22 Fresh Apple-1 W/G Trix Cereal-1 oz. W/G Apple Breakfast Bar-1 Milk-8 oz.	23 Fresh Orange-1 W/G Corn Chex Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	24 Fresh Pear-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	<b>HAPPY THANKSGIVING</b>	26 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.
29 Fresh Orange-1 W/G Raisin Bran Cereal-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	30 Fresh Apple-1 W/G Superdonut-2 oz. Milk-8 oz.			