

November 1 - November 30

**BREAKFAST**  
*What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mixed Fruit Cup - 1/2c. Fruit Punch - 4oz. W/G White Bagel with Cream Cheese - 1 Milk- 8oz.	2 Fresh Pear-1 W/G Superdonut-2 oz. Milk-8 oz.	3 Diced Peach Cup - 1/2c. Orange Juice - 4 oz. W/G Frosted Mini Wheats - 1oz. W/G Cranberry Muffin-2 oz. Milk-8 oz.
6 Fresh Pear-1 Multi Grain Cheerios Cereal -1 oz Apple Breakfast Bar - 1 Milk-8 oz.	7 Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. W/G Cinn. Toasters Cereal-1 oz. W/G Graham Crackers-3pk Milk-8 oz.	8 Fresh Pear-1 Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	9 Fresh Apple-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Strwbrry Waffle Grahams-2 Milk-8 oz.	10 Fresh Orange-1 W/G Strawberry Poptart-2pk Milk-8 oz.
13 Fresh Orange - 1 W/G Croissant with Margarine-1 Milk-8 oz.	14 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Frosted Flakes-1 oz. W/G Vanilla Bear Grahams-2pk Milk-8 oz.	15 Fresh Pear-1 W/G Poffitz Pancakes - 1 Milk-8 oz.	16 Peach Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. W/G Superdonut-2 oz. Milk-8 oz.	17 Fresh Orange-1 Multi Grain Cheerios Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.
20 Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. W/G Fruit Loops Cereal-1 oz. W/G Graham Crackers-3pk Milk-8 oz.	21 Fresh Apple-1 W/G Frosted Flakes Cereal - 1 oz. W/G Corn Muffin-2 oz. Milk-8 oz.	22 <b>NO SCHOOL THANKSGIVING BREAK</b>	23 <b>Happy Thanksgiving! NO SCHOOL</b>	24 <b>NO SCHOOL THANKSGIVING BREAK</b>
27 Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. W/G Strawberry Poptart-2pk Milk -8oz.	28 Fresh Apple - 1 W/G Superdonut-2 oz. Milk-8 oz.	29 Fresh Banana - 1 W/G Croissant with Margarine-1 Milk -8oz.	30 Fresh Apple-1 W/G Plain Bagel with Cream Cheese - 1 Milk-8 oz.	