

November

UNITIZED BREAKFAST

K-5

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> • Blueberry Muffin/Fruit • Yogurt/Granola/ Fruit 	<ul style="list-style-type: none"> • String Cheese/Skeeter CINN Grahams/Fruit • Breakfast Cinnamon Crumble/Fruit 	<ul style="list-style-type: none"> • Blueberry Burst Whole Grain Bagel/Cream Cheese/Fruit • Corn Chex/Fruit (DF) •)
6	7	8	9	10
<ul style="list-style-type: none"> • Yogurt/Educational Snacks/Fruit • Multigrain Cheerios/Fruit (DF) 	<ul style="list-style-type: none"> • Corn Chex/Zac Attack Strawberry (1.35 oz)/Fruit (DF) • Lemon Muffin/Fruit 	<ul style="list-style-type: none"> • Blueberry Burst Whole Grain Bagel/Cream Cheese/Fruit • Breakfast Cinnamon Crumble/Fruit 	<ul style="list-style-type: none"> • Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit • Yogurt/Skeeter HONEY Grahams/Fruit 	<ul style="list-style-type: none"> • Autumn Spice Muffin/Fruit (seasonal) • COLD Turkey and Cheddar Brekwich (English Muffin)/Fruit
13	14	15	16	17
<ul style="list-style-type: none"> • Cinnamon Chex/Zac Attack Strawberry (1.35 oz)/Fruit (DF) • Yogurt/Granola/ Fruit 	<ul style="list-style-type: none"> • French Toast Muffin/Fruit • Dipper Doodle Bar (2.3 oz)/Fruit (DF) 	<ul style="list-style-type: none"> • Cheerios/Mini Dipperdoodle Bar/Fruit (DF) • Breakfast Cinnamon Crumble/Fruit 	<ul style="list-style-type: none"> • Autumn Spice Muffin/Fruit (seasonal) • Plain Whole Wheat Bagel/CreamCheese/Fruit 	<ul style="list-style-type: none"> • Lemon Muffin/Fruit • String Cheese/Skeeter CINN Grahams/Fruit
20	21	22	23	24
<ul style="list-style-type: none"> • zaJumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit • MultiGrain Cheerios/Zac Attack Strawberry (1.35 oz)/Fruit (DF) 	<ul style="list-style-type: none"> • Blueberry Burst Whole Grain Bagel/Cream Cheese/Fruit • Yogurt/Educational Snacks/Fruit 	<ul style="list-style-type: none"> • Breakfast Cinnamon Crumble/Fruit • String Cheese/Skeeter CINN Grahams/Fruit 	Thanksgiving Holiday	
27	28	29	30	
<ul style="list-style-type: none"> • SHELFBLE Cinnamon Chex/Honey Grahams 	<ul style="list-style-type: none"> • Zac Omega Bar Strawberry (2.5 oz)/Fruit (DF) • Plain Whole Wheat Bagel/CreamCheese/Fruit 	<ul style="list-style-type: none"> • Yogurt/Granola/ Fruit • COLD Turkey and Cheddar Brekwich (English Muffin)/Fruit 	<ul style="list-style-type: none"> • Blueberry Muffin/Fruit • String Cheese/Skeeter CINN Grahams/Fruit 	

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

