

# NOVEMBER 2024

## BREAKFAST



This institution is an equal opportunity provider. Offered daily 1% white milk, fat free chocolate, and whole milk. Given at every meal ½ cup fresh vegetables, ½ cup fresh fruit. WG=Whole Grain



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Muffins  
Fresh Fruit  
Milk

4

White Concha  
Fresh Fruit  
Milk

5

Breakfast Bread  
Fresh Fruit  
Milk

6

Breakfast Bowl  
Fresh Fruit  
Milk

7

Berry & Cream Cheese  
Twist  
Fresh Fruit  
Milk

8

**Veterans Day**

11

Muffins  
Fresh Fruit  
Milk

12

Berry Roll  
Fresh Fruit  
Milk

13

Breakfast Bread  
Fresh Fruit  
Milk

14

Breakfast Burrito  
Fresh Fruit  
Milk

15

Muffins  
Fresh Fruit  
Milk

18

White Concha  
Fresh Fruit  
Milk

19

Breakfast Bread  
Fresh Fruit  
Milk

20

Breakfast Bowl  
Fresh Fruit  
Milk

21

Berry & Cream Cheese  
Twist  
Fresh Fruit  
Milk

22

**National Parfait Day**  
**Fall Break**  
**No School**

25

**Fall Break**  
**No School**

26

**Fall Break**  
**No School**

27

**Fall Break**  
**No School**

28

**Fall Break**  
**No School**

29