



# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Banana Snack Bread, Grapes, Choice of Dried Fruit, Choice of Milk	2 Mini Cinni, Fruit Cup, Choice of Dried Fruit, Choice of Milk	3 Apple Strudel Stick, Apple slice Choice of Dried Fruit, Choice Milk	4 Choc. Chip Break- fast Cookie, Asst. Fruit, Choice of Dried Fruit. Choice of Milk	5
6	7 Cereal, Ap- plesauce, Choice of Dried Fruit, Choice of Milk	8 Apple Filled Donut Grapes, Choice of Dried Fruit, Choice of Milk	9 Banana Choc. Chip Bread, Fruit Cup, Choice Dried Fruit, Choice Milk	10 Yogurt, Whole Grain Crackers, Apple slices, Choice Dried Fruit Choice of Milk	11 Strawberry Cream Cheese Ba- gel Bar, Asst. Fruit Choice Dried Fruit, Choice of Milk	12
13	14 Otis Spunk- meyer Muffin, Ap- plesauce, Choice Dried Fruit, Choice of Milk	15 Cinn. Soft Filled Cereal Bar, Grapes, Choice of Dried Fruit, Choice of Milk	16 Choc. Chip Breakfast Bar, Fruit Cup, Choice of Dried Fruit, Choice of Milk	17 Pop tart, Ap- ple slices, Choice of Dried Fruit, Choice of Milk	18 Blueberry Bash Waffle, Asst. Fruit, Choice of Dried Fruit, Choice of Milk	19
20	21 Cinn. Whole Grain Breakfast Round, Applesauce Choice Dried Fruit, Choice of Milk	22 Blueberry Snack Bread, Grapes, Choice of Dried Fruit, Choice of Milk	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26
27	28 Yogurt, Whole Grain Crackers, Applesauce, Choice Dried Fruit, Choice of Milk	29 French toast Tri- ple Blast, Grapes, Choice Dried Fruit, Choice of Milk	30 Cereal, Fruit Cup, Choice of Dried Fruit, Choice of Milk			