

Monday

*Cocoa Puffs Cereal **1**

Cherry Applesauce
100% Fruit Juice

*Apple Jacks Cereal **8**

Pear
100% Fruit Juice

*Cinnamon Toast Crunch Cereal **15**

Pear-Berry Cup
100% Fruit Juice

*Lucky Charms Cereal w/String Cheese (K-12) **22**

Cinnamon Applesauce
100% Fruit Juice

*Trix Cereal **29**

Mixed Fruit
100% Fruit Juice

Tuesday

*Cinnamon Roll **2**

Mixed Fruit
100% Fruit Juice

*Bagel w/ Cream Cheese **9**

Strawberry-Banana Applesauce
100% Fruit Juice

*French Toast Bar **16**

Spiced Pears
100% Fruit Juice

*Strawberry Pop Tart w/Graham Crackers (9-12) **23**

Diced Peaches
100% Fruit Juice

*Blueberry Muffin **30**

Gala Apple
100% Fruit Juice

Wednesday

*Egg & Beef-Chorizo Burrito Bowl & WG Tortilla **3**

Strawberry Raisins
100% Fruit Juice

*Sausage Pancake Wrap **10**

Spiced Apples
100% Fruit Juice

*Breakfast Sandwich **17**

Banana
100% Fruit Juice

Thanksgiving Break **24**

Thursday

*Cherry Apple Crunch Bar **4**

Peaches & Strawberries
100% Fruit Juice



*Chocolate Mini Donuts **18**

Apple Chips
100% Fruit Juice



Friday

*Pancakes w/ Syrup **5**

Arctic Apples
100% Fruit Juice

*Glazed French Toast **12**

Peach Applesauce
100% Fruit Juice

*Very Blueberry Parfait w/Vanilla Goldfish **19**

100% Fruit Juice



K-12 Students Offered 1c Fruit Daily.



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and whole grain cereal 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.