



STUDENTS 18 AND UNDER FREE
Adult cost \$1.85
Milk choice: 1% and skim
Choice of cereal and juice



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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Poptart
 Cereal
 Juice
 Fresh Fruit
 Milk **1**

Toast
 Cereal
 Juice
 Fresh Fruit
 Milk **2**

Waffle
 Cereal
 Juice
 Fresh Fruit
 Milk **3**

Muffin
 Cereal
 Juice
 Fresh Fruit
 Milk **4**

Cereal Bar
 Cereal
 Juice
 Fresh Fruit
 Milk **5**

Poptart
 Cereal
 Juice
 Fresh Fruit
 Milk **8**

Toast
 Cereal
 Juice
 Fresh Fruit
 Milk **9**

Cinniminni
 Cereal
 Juice
 Fresh Fruit
 Milk **10**

Muffin
 Cereal
 Juice
 Fresh Fruit
 Milk **11**

Bagel
 Cereal
 Juice
 Fresh Fruit
 Milk **12**

Poptart
 Cereal
 Juice
 Fresh Fruit
 Milk **15**

Toast
 Cereal
 Juice
 Fresh Fruit
 Milk **16**

Yogurt
 Cereal
 Juice
 Fresh Fruit
 Milk **17**

Muffin
 Cereal
 Juice
 Fresh Fruit
 Milk **18**

Pancake
 Cereal
 Juice
 Fresh Fruit
 Milk **19**

Poptart
 Cereal
 Juice
 Fresh Fruit
 Milk **22**

Toast
 Cereal
 Juice
 Fresh Fruit
 Milk **23**

NO SCHOOL **24**

NO SCHOOL **25**

NO SCHOOL **26**

Poptart
 Cereal
 Juice
 Fresh Fruit
 Milk **29**

Toast
 Cereal
 Juice
 Fresh Fruit
 Milk **30**

