

NOVEMBER 2023

Type Your School Name Here

BREAKFAST



School Information: THANKSGIVING BREAK
NOV. 22-23 Happy Thanksgiving



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



Cereal
Yogurt

1

Ham & Eggs
Hash browns

2

National Sandwich
Day

3

Biscuits & Gravy

6

Bagels & Cream
Cheese

7

Pancakes & Bacon

8

Scrambled Eggs &
Toast

9

10

Cereal & Yogurt

13

Mixed Berry Parfaits

14

Breakfast Pizza

15

Mini Bagels & Cream
Cheese

16

17

Pancake on a Stick

20

Scrambled Eggs
Ham
Toast

21

NO SCHOOL

22

NO SCHOOL

23

24

Cereal & Yogurt

27

French Toast Sticks
Yogurt

28

Biscuits & Gravy

29

Bagels & Cream
Cheese

30