

1

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

4

Assorted Muffins

Cereal Assortment
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

5

Strawberry Puff Pastry

Cereal Assortment
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

6

Bagel with Cream Cheese

Yogurt
Cereal Assortment
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

7

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

8

Hard Cooked Egg

Yogurt
Cereal Assortment
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

11

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

12

Hard Cooked Egg

Cheese Stick or Cracker
Cereal Assortment
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

13

Benefit Bar

Cereal Assortment
Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

14

Strawberry Puff Pastry

Yogurt
Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

15

Assorted Cereal

Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

18

Assorted Cereal

Graham Crackers
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

19

Strawberry Puff Pastry

Assorted Cereal
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

20

Fresh Baked Cinnamon Roll

Cheese Stick
Fresh Fruit or
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

21

Assorted Muffins

Yogurt
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

22

Assorted Cereal

Scooby Crackers
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

25

Assorted cereal

Cheese Stick
Fresh Fruit or 100%
Juice, Choice of 1%
unflavored Milk or
Unflavored Skim Milk

26

Assorted Muffins

Assorted Cereal
Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

No School, Thanksgiving Break

CHALLENGE YOURSELF:

KEEP ACTIVE
+ WALK MORE
+ ALL DAY

= A STRONG & FIT YOU

**Start your day off right with a
Healthy, Balanced breakfast!**