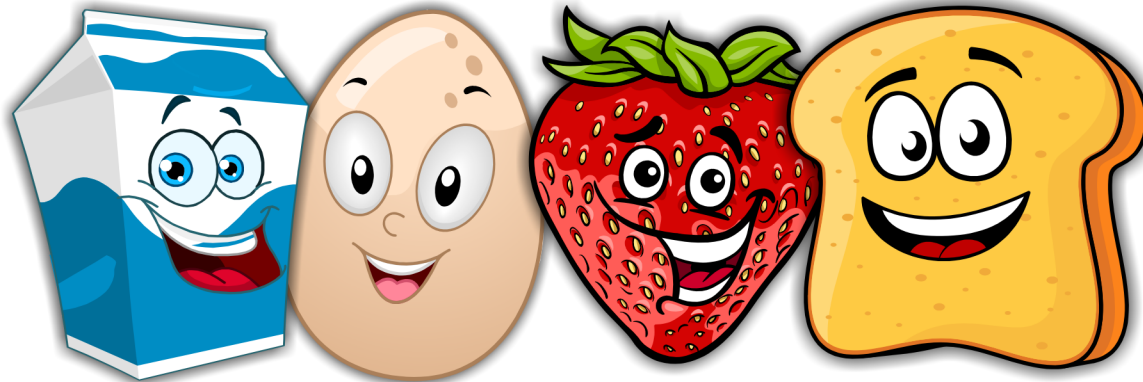


Pre-K Breakfast Menu for November 2019



come join us for **Breakfast@School**



Word *of the* Month

re·spect

n. 1. Consideration 2. Courteous appreciation for others' feelings

v. 1. To honor or hold in esteem 2. To show regard for someone or something

NOVEMBER BIRTHDAYS

- Ethan Hawke (48) -- Nov. 6
- Emma Stone (30) -- Nov. 6
- Elizabeth Cady Stanton -- Nov. 12
- Tyga (29) -- Nov. 19
- Dierks Bentley (43) - Nov. 20
- DJ Khaled (43) - Nov. 26

Friday, November 1

- 2 oz Cinnamon Toast Crunch
- Unsweetened Strawberry Applesauce
- 100% Juice Milk

First things First

Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a **Complete Breakfast!**

BREAKFAST@SCHOOL
For first-class learning!

Monday, November 4

- 1 oz Honey Scooters
- Grahams
- Unsweetened Applesauce
- 100% Juice Milk

Tuesday, November 5

NO SCHOOL

Wed., November 6

- GM Cereal Bar
- Sunflower Kernels
- Fresh Fruit
- 100% Juice Milk

Thursday, November 7


- 2 oz RS Cinnamon Toast Crunch
- Raisins
- 100% Juice Milk

Friday, November 8

- Banana Muffin
- Cheese Stick
- Unsweetened Cinnamon Applesauce
- 100% Juice Milk

I am the letter

F



frog

Monday, November 11

NO SCHOOL

VETERAN'S DAY

Tuesday, November 12

1 oz RS Cinnamon
Toast Crunch
Cheese Stick
Pineapple Tid Bits
100% Juice
Milk

Wed., November 13

1 oz Kix
Grahams
Fresh Fruit
100% Juice
Milk

Thursday, November 14

Strawberry Yogurt
Gavin's Granola
Pear Cup
100% Juice
Milk

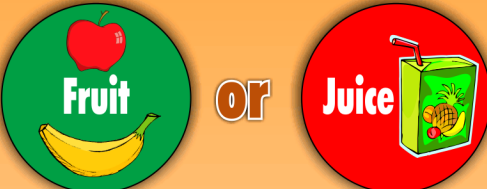
Friday, November 15

1 oz RS Cinnamon
Flakes
Grahams
Raisins
100% Juice
Milk

First things First

To make a breakfast,
choose at least one

Fruit or **Juice**



and at least three items total



Monday, November 18

Blueberry Muffin
Sunflower Kernels
Unsweetened
Cinnamon
Applesauce
100% Juice
Milk

Tuesday, November 19

2 oz RS Cinnamon
Toast Crunch
Unsweetened
Applesauce
100% Juice
Milk

Wed., November 20

1 oz Rice Chex
Grahams
Fresh Fruit
100% Juice
Milk

Thursday, November 21

Bagel w/Grape Jelly
Sunbutter Cup
Mixed Fruit Cup
100% Juice
Milk

Friday, November 22

1 oz Honey Scooters
Cheese Stick
Unsweetened
Strawberry
Applesauce
100% Juice
Milk

Monday, November 25

Apple Nutri-grain
Cereal Bar
Cheese Stick
Raisins
100% Juice
Milk

Tuesday, November 26

1 oz RS Cinnamon
Flakes
Hard-boiled Egg
Unsweetened
Applesauce
100% Juice
Milk

Wed., November 27

1 oz Honey Scooters
Grahams
Unsweetened
Cinnamon
Applesauce
100% Juice
Milk

