

November



Breakfast & Snack Menu

Please Note: Menu is subject to
Change without notice.

Did you know..... November 17th is National take a hike day!!

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pancakes Grapes Snack: Apple Sauce, Muffins & Milk	2 Eggs & Sausage Links W.W Toast Mandarins Snack: Fresh Fruit & Milk	3 Waffles Bananas Snack: Graham Crackers & Milk	4 PB Baked Oatmeal Fruit Salad Snack: Goldfish & Milk	5
6	7 Cereal & Milk Apple Slices Snack: Pretzels, Raisins & water	8 Pancakes Grapes Snack: Apple Sauce, Muffins & Milk	9 Eggs & Sausage Links W.W Toast Mandarins Snack: Fresh Fruit & Milk	10 French Toast Bananas Snack: Graham Crackers & Milk	11 Breakfast Sandwich Strawberries Snack: Goldfish & Milk	12
13	14 Cereal & Milk Apple Slices Snack: Pretzels, Raisins & water	15 Pancakes Grapes Snack: Apple Sauce, Muffins & Milk	16 Eggs & Sausage Links W.W Toast Mandarins Snack: Fresh Fruit & Milk	17 Waffles Bananas Snack: Graham Crackers & Milk	18 Breakfast Casserole Blueberries Snack: Goldfish & Milk	19
20	21 Cereal & Milk Apple Slices Snack: Pretzels, Raisins & water	22 Pancakes Grapes Snack: Apple Sauce, Muffins & Milk	23 Eggs & Sausage Links W.W Toast Mandarins Snack: Fresh Fruit & Milk	24 *NHEL C CLOSED* *Happy Thanksgiving*	25 Bagel w/ PB & Jelly Fruit Salad Snack: Goldfish & Milk	26
27	28 Cereal & Milk Apple Slices Snack: Pretzels, Raisins & water	29 Pancakes Grapes Snack: Apple Sauce, Muffins & Milk	30 Eggs & Sausage Links W.W Toast Mandarins Snack: Fresh Fruit & Milk			