








Arlene's November 2024 K-8 Breakfast Menu

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| <p><i>Carbs listed for each item in blue font</i></p> | | | | <p>1 Super Breakfast Ring (1g) 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> |
| <p>4 Banana/Choc Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> | <p>5 No School - Professional Development for Teachers</p> | <p>6 Cinnamon Bun (2wg) 34 Peach Fruit Cup (1/2c) 21 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> | <p>7 Apple Strudel Pastry (2wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> | <p>8 Cinnamon Toast Crunch Pastry (2wg) 40 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> |
| <p>11 Cereal Bar (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> | <p>12 Super Breakfast Ring (1g) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> | <p>13 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> | <p>14 Pumpkin Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> | <p>15 Strawberry Pull Apart Bagel (2wg) 42 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> |
| <p>18 Apple Cinnamon Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> | <p>19 Corn Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> | <p>20 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> | <p>21 Choc Chip Muffin (2wg) 45 Peach Fruit Cup (1/2c) 21 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> | <p>22 Mini Cinnis (2wg) 40 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p> |
| <p>25 NO SCHOOL Thanksgiving Break</p>  | <p>26 NO SCHOOL Thanksgiving Break</p>  | <p>27 NO SCHOOL Thanksgiving Break</p>  | <p>28 NO SCHOOL Thanksgiving Break</p>  | <p>29 NO SCHOOL Thanksgiving Break</p>  |

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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