

# November 2019

## BONIFAY K – 8

### BREAKFAST



**Nutrition Tip:** Enjoy a low-fat yogurt parfait for breakfast. 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.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



NO SCHOOL  
FALL BREAK

Mini Strawberry Bagels **4**  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

Chicken Croissant **5**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Apple Frudel **6**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Ham, Egg, Cheese Wrap **7**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Cinnamon Roll **8**  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

Mini Pancakes **11**  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

Southwest Sliders **12**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Asst. Pop Tart **13**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Breakfast Pizza **14**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Cinnamon Roll **15**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Blueberry Waffles **18**  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

Sausage Biscuit **19**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Scones **20**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Apple Frudel **21**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Cinnamon Roll **22**  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

Breakfast Pizza **25**  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

Breakfast Burrito **26**  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

NO SCHOOL **27**  
THANKSGIVING BREAK

NO SCHOOL **28**  
THANKSGIVING BREAK

NO SCHOOL **29**  
THANKSGIVING BREAK