

November 2017

BONIFAY K – 8

BREAKFAST



SERVED DAILY: MILK, ORANGE JUICE AND FRUIT. CONDIMENTAS AS NEEDED.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

Breakfast Pizza **1**
Cinnamon Toast Crunch Bar
Goldfish

French Toast Sticks **2**
Assorted Cereal

Mini Cinnamon Roll **3**
Pop Tart w/ Goldfish

Biscuit & Gravy **6**
Assorted Cereal

Mini Chocolate Chip **7**
French Toast
Assorted Cereal

Muffins **8**
Pop Tart w/ Goldfish

Mini Pancakes **9**
Assorted Cereal

Oats & Honey Bars **10**
Pop Tart w/ Goldfish

Sausage Biscuit **13**
Assorted Cereal

Pancake Pup **14**
Pop Tart w/ Goldfish

Blueberry Waffles **15**
Yogurt w/ Granola

Cinnamon Rolls **16**
Assorted Cereal

Parfait **17**
Cinnamon Toast Crunch Bar
Goldfish

Chicken Biscuit **20**
Assorted Cereal

Yogurt w/ Granola **21**
Pop Tart w/ Goldfish

THANKSGIVING***** **22**

BREAK***** **23**

***** **24**

Biscuit & Gravy **27**
Assorted Cereal

Mini Chocolate Chip **28**
French Toast
Assorted Cereal

Muffins **29**
Pop Tart w/ Goldfish

Mini Pancakes **30**
Assorted Cereal

