

# NOVEMBER 2022

BONIFAY K - 8

BREAKFAST



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



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. 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.



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

MANAGERS CHOICE

1

MANAGERS CHOICE

2

MANAGERS CHOICE

3

MANAGERS CHOICE

4

Mini Cinnamon Bagel  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

7

French Toast Stick  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

8

**National Chicken Sand. Day**  
Chicken Croissant  
Assorted Cereal  
Milk, Orange Juice, Fruit

9

Breakfast Pizza  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

10

**Veterans Day**  
Blueberry Muffin  
Assorted Cereal  
Milk  
Orange Juice, Fruit

11

Mini French Toast  
Assorted Pop Tart  
Milk  
Orange Juice  
Fruit

14

Cheese Grits  
Assorted Pop Tart  
Milk  
Orange Juice  
Fruit

15

Pancake Sandwich  
Assorted Pop Tart  
Milk  
Orange Juice  
Fruit

16

Super Donut  
Assorted Pop Tart  
Milk  
Orange Juice  
Fruit

17

**THANKSGIVING LUNCH**  
Assorted Pop Tart  
Assorted Cereal  
Milk  
Orange Juice, Fruit

18

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

25

Mini French Toast  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

28

Breakfast Pizza  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

29

Assorted Pop Tart  
Assorted Cereal  
Milk  
Orange Juice  
Fruit

30

