

# LET'S GET COOKING

## November 2025

Breakfast

### MONDAY

3

Breakfast

- Whole Grain French Toast Sticks
- Turkey Sausage Patty
- Whole Grain Blueberry Muffin
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Apple Juice
- Grape Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

### TUESDAY

4

### WEDNESDAY

5

Breakfast

- Whole Grain Waffles
- Frosted Cinnamon Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Grape Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

### THURSDAY

6

Breakfast

- Fresh Baked Whole Grain Biscuit
- Grape Jelly
- Cheerios
- Tiger Graham Crackers
- Chilled Diced Pears
- Apple Juice
- Grape Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

### FRIDAY

7

Breakfast

- Berry Parfait with Cheerios
- Whole Grain Apple Cinnamon Muffin
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

10

Breakfast

- Apple Frudel
- WG Banana Muffin
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Fruit Punch
- Orange Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

11

12

Breakfast

- Whole Grain Pancake Donut bites with Blueberries
- Frosted Fudge Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Fruit Punch
- Orange Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

13

Breakfast

- Strawberry Cream Cheese Stuffed Bagel
- Apple Cinnamon Cheerios
- Tiger Graham Crackers
- Tropical Fruit Cocktail
- Fruit Punch
- Orange Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

14

Breakfast

- Fresh Baked Whole Grain Biscuit
- Whole Grain Blueberry Muffin
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

17

Breakfast

- Skewered Sausage Pancake
- Whole Grain Apple Cinnamon Muffin
- Low Fat Mozzarella String Cheese
- Fresh Whole Apple Gala
- Apple Juice
- Grape Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

18

Breakfast

- Whole Grain Waffles
- Apple Cinnamon Cheerios
- Honey Graham Crackers
- Cinnamon Diced Pears
- Apple Juice
- Grape Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

19

Breakfast

- Egg, Cheese & Turkey Sausage Breakfast Scrambler
- Frosted Cinnamon Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Whole Apple Gala
- Apple Juice
- Grape Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

20

Breakfast

- Iced Cinnamon Roll
- Turkey Sausage Patty
- Multigrain Cheerios
- Honey Graham Crackers
- Fresh Banana
- Apple Juice
- Grape Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

21

Breakfast

- Egg, & Cheese Biscuit
- Mixed Berry Smoothie
- Honey Graham Crackers
- Cinnamon Diced Pears
- Apple Juice
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

24

🌮 11/6 Nacho Day 🥪 11/3 Sandwich Day

25

26

27

28

If you have a food allergy or intolerance, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29, White Milk: \$0.60, Chocolate Milk: \$0.65

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.