



NOVEMBER 2023

K-12 BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Breakfast Banana Split
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

2
Apple Strudel
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

3
PanCakes
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

6
PeaCh and Granola Yogurt Parfait
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

7
Veggie Breakfast Bowl/w Biscuit
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

8
Biscuit/w Sausage Gravy
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

9
Egg and Cheese Burrito
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

10
Veterans Day Holiday

13
Breakfast Pizza
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

14
Breakfast Bento Box
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

15
Apple Muffins
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

16
Breakfast Nachos
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

17
Donut Ring
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

20
Fall Break/Thanksgiving Holiday

27
Strawberry and Granola Yogurt Parfait
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

28
Veggie Breakfast Bowl/w Biscuit
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

29
Blueberry Overnight Oats
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk

30
Egg and Cheese Burrito
 Assorted Cereal
 Graham Crackers
 1/2c Fruit Choice
 1/2c Juice Choice
 1c Milk



NUTRITION BAR

Included with your meal and offered daily.
 Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email the Food Service Director at Mark.House@k12byelior.com

ELIOR NORTH AMERICA

This institution is an equal opportunity provider