

# 22-23 FCS Elementary Breakfast

November 2022

Mon	Tue	Wed	Thu	Fri
<b>31</b> Frosted Fudge Pop Tart Banana Muffin Assorted 100% Fruit Juice Assorted Dry Fruit Fat Free Chocolate Milk 1% Milk	<b>1</b> Eggo Mini Maple Waffles Golden Grahams Cereal Bar Assorted 100% Fruit Juice Fresh Oranges Fat Free Chocolate Milk 1% Milk Strawberry Danimals	<b>2</b> Egg & Cheese Breakfast Pizza Bagel Chocolate Chip Muffin Assorted 100% Fruit Juice Assorted Dry Fruit Fat Free Chocolate Milk 1% Milk	<b>3</b> Pillsbury Mini Cinnamon French Toast Ultimate Breakfast Round UBR Assorted 100% Fruit Juice Apple Slices Fat Free Chocolate Milk 1% Milk	<b>4</b> Parent Conferences
<b>7</b> Frosted Cinnamon Pop Tart Blueberry Muffin Assorted 100% Fruit Juice Assorted Dry Fruit Fat Free Chocolate Milk 1% Milk	<b>8</b> Mini Maple Pancakes Trix Cereal Bar Assorted 100% Fruit Juice Fresh Oranges Fat Free Chocolate Milk 1% Milk Raspberry/Cherry Yogurt Variety	<b>9</b> Cinnamon French Toast Sticks Double Chocolate Muffin Assorted 100% Fruit Juice Assorted Dry Fruit Fat Free Chocolate Milk 1% Milk	<b>10</b> Cinnamon Blueberry Twisted Stix Ultimate Breakfast Round UBR Assorted 100% Fruit Juice Apple Slices Fat Free Chocolate Milk 1% Milk	<b>11</b> Cinnamon Toast Crunch Cereal Bowl Cocoa Puffs Cereal Bowl Assorted 100% Fruit Juice Banana Fat Free Chocolate Milk 1% Milk
<b>14</b> Blueberry Pop Tart Banana Muffin Assorted 100% Fruit Juice Assorted Dry Fruit Fat Free Chocolate Milk 1% Milk	<b>15</b> Eggo Mini Maple Waffles Cocoa Puffs Cereal Bar Assorted 100% Fruit Juice Fresh Oranges Fat Free Chocolate Milk 1% Milk Strawberry Danimals	<b>16</b> Beef Sausage and Cheese Bagel Chocolate Chip Muffin Assorted 100% Fruit Juice Assorted Dry Fruit Fat Free Chocolate Milk 1% Milk Raspberry/Cherry Yogurt Variety	<b>17</b> Apple Frudel Ultimate Breakfast Round UBR Assorted 100% Fruit Juice Apple Slices Fat Free Chocolate Milk 1% Milk	<b>18</b> Golden Grahams Cereal Bowl Frosted Corn Flakes Cereal Bowl Assorted 100% Fruit Juice Banana Fat Free Chocolate Milk 1% Milk
<b>21</b> Frosted Strawberry Pop Tart Blueberry Muffin Assorted 100% Fruit Juice Assorted Dry Fruit Fat Free Chocolate Milk 1% Milk	<b>22</b> Cinnamon Glaze Pancakes Cinnamon Toast Crunch Cereal Bar Assorted 100% Fruit Juice Fresh Oranges Fat Free Chocolate Milk 1% Milk Raspberry/Cherry Yogurt Variety	<b>23</b> Thanksgiving	<b>24</b> Thanksgiving	<b>25</b> Thanksgiving
<b>28</b> Frosted Fudge Pop Tart Banana Muffin Assorted 100% Fruit Juice Assorted Dry Fruit Fat Free Chocolate Milk 1% Milk	<b>29</b> Eggo Mini Maple Waffles Golden Grahams Cereal Bar Assorted 100% Fruit Juice Fresh Oranges Fat Free Chocolate Milk 1% Milk Strawberry Danimals	<b>30</b> Egg & Cheese Breakfast Pizza Bagel Chocolate Chip Muffin Assorted 100% Fruit Juice Assorted Dry Fruit Fat Free Chocolate Milk 1% Milk	<b>1</b> Pillsbury Mini Cinnamon French Toast Ultimate Breakfast Round UBR Assorted 100% Fruit Juice Apple Slices Fat Free Chocolate Milk 1% Milk	<b>2</b> Froot Loops Bowl Cinnamon Toast Crunch Cereal Bowl Assorted 100% Fruit Juice Banana Fat Free Chocolate Milk 1% Milk