

NOVEMBER | 2023



NSLP Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30 2 oz. WG Blueberry Pop-tart ½ Cup Strawberries 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>31 2 oz. WG Waffles ½ Cup Spiced Apples 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>1 1.5 oz. WG Breakfast Pizza 1 oz. M/MA ½ Cup Grapes 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>2 2 oz. HM Cheesy Eggs 2 oz. WG English Muffin ½ Cup Pineapple 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>3 Cheerios 1 Cup WG Cereal ½ Cup Banana 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>6 2 oz. WG Cinnamon Pop-Tart ½ Cup Oranges 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>7 2 oz. WG Bagel w/ Cream Cheese ½ Cup Spiced Apples 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>8 1 oz. WG Breakfast Taco 1 oz. M/MA ½ Cup Grapes 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>9 HM Veggie Frittata 2 oz. M/MA 2 oz. WG English Muffin ½ Cup Pineapple 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>10 Cinnamon Chex 1 Cup WG Cereal ½ Cup Banana 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>13 2 oz. WG Blueberry Pop-tart ½ Cup Oranges 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>14 2 oz. WG Waffles ½ Cup Spiced Apples 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>15 1.5 oz. WG Breakfast Pizza 1 oz. M/MA ½ Cup Grapes 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>16 2 oz. HM Cheesy Eggs 2 oz. WG English Muffin ½ Cup Pineapple 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>17 Cheerios 1 Cup WG Cereal ½ Cup Banana 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>20 2 oz. WG Cinnamon Pop-Tart ½ Cup Oranges 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>21 2 oz. WG Bagel w/ Cream Cheese ½ Cup Spiced Apples 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>22 2 oz. WG Breakfast Taco 1 oz. M/MA ½ Cup Grapes 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>23 HM Veggie Frittata 2 oz. M/MA 2 oz. WG English Muffin ½ Cup Pineapple 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>24 Cinnamon Chex 1 Cup WG Cereal ½ Cup Banana 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>27 2 oz. WG Blueberry Pop-tart ½ Cup Oranges 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>28 2 oz. WG Waffles ½ Cup Spiced Apples 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>29 1.5 oz. WG Breakfast Pizza 1 oz. M/MA ½ Cup Grapes 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>30 2 oz. HM Cheesy Eggs 2 oz. WG English Muffin ½ Cup Pineapple 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>1 Cheerios 1 Cup WG Cereal ½ Cup Banana 4 oz. Juice / Alt. Fruit Bar 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>

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1% white milk offered. Nutrient content and ingredients are available upon request. No Pork or nut products offered.