




November 2022



Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
	WG Orange Dream Muffin 2 oz Apple- 1/2 c Craisins- 1/2 c	WG Vanilla Honey Bunches of Oats 2 oz Orange- 1/2 c Pineapple Cup- 1/2 c	WG Granola Crumble 1 oz Yogurt Cup 1 oz Apple- 1/2 c Raisins - 1/2 c	WG Blueberry Bread 1 oz Sunflower Seeds 1 oz Pear- 1/2 c Applesauce Cup- 1/2 c
11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
No School	No School	WG Scooters 1 oz String Cheese 1 oz Pear- 1/2 c Pineapple Cup- 1/2 c	WG Granola Crumble 1 oz Yogurt Cup 1 oz Apple- 1/2 c Raisins - 1/2 c	WG Apple Cinnamon Bread 1 oz Hard Boiled Egg 1 oz Pear- 1/2 c Applesauce Cup- 1/2 c
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
WG Banana Muffin 1 oz String Cheese 1 oz Orange- 1/2 c Apple Cherry Juice - 1/2 c	WG Graham Crackers 1 oz WowButter 1 oz Apple- 1/2 c Craisins- 1/2 c	WG Rice Krispies 1 oz Hardboiled Egg 1 oz Orange- 1/2 c Pineapple Cup- 1/2 c	WG Granola Crumble 1 oz Yogurt Cup 1 oz Apple- 1/2 c Raisins - 1/2 c	WG Banana Bread 1 oz Sunflower Seeds 1 oz Pear- 1/2 c Applesauce Cup - 1/2 c
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
Graham Crackers 1 oz Yogurt Cup 1 oz Orange- 1/2 c Apple Cherry Juice - 1/2 c	WG Strawberry Oatmeal Bar 1 oz Sunflower Seeds 1 oz Apple- 1/2 c Craisins- 1/2 c	No School		No School
11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022
Graham Crackers 1 oz Wowbutter 1 oz Pineapple Cup - 1/2 c Raisins- 1/2 c	WG Vanilla Honey Bunches of Oats 2 oz Apple Cherry Juice- 1/2 c Craisins- 1/2 c	WG Orange Dream Muffin 2 oz Apple- 1/2 c Pear- 1/2 c		

