



# Arlene's November 2023 K-8 Breakfast Menu

		1 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	2 Bagel & CC (1m, 2wg) <b>27</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 444 Sod 474 Sugar 37</i>	3 Choc Muffin Top (1wg) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 405 Sod 255 Sugar 48</i>
6 Berry Oatmeal Bar (2wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 495 Sod 255 Sugar 66</i>	7 String Cheese & Grahams (1m, 1wg) <b>13</b> Tree Top Apple Chips (1/2c) <b>10</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b> <i>Cal 405 Sod 340 Sugar 40</i>	8 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	9 Chocolate Slice (2wg) <b>43</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	10 Straw Pull Apart Bagel (2wg) <b>42</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b> <i>Cal 445 Sod 330 Sugar 47</i>
13 Poptart (1.25wg) <b>38</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 480 Sod 330 Sugar 66</i>	14 Super Breakfast Ring <b>29</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 430 Sod 195 Sugar 31</i>	15 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	16 Pumpkin Slice (2wg) <b>43</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	17 Cinnamon Puff Pastry (2wg) <b>41</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b> <i>Cal 475 Sod 430 Sugar 49</i>
20 Cereal Bar (1wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 450 Sod 255 Sugar 58</i>	21 Corn Muffin (2wg) <b>36</b> Apple Chips (1/2c) <b>10</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 445 Sod 330 Sugar 47</i>	22 <b>Thanksgiving Break</b>	23	24
27 Poptart (1.25wg) <b>38</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 480 Sod 330 Sugar 66</i>	28 Super Breakfast Ring <b>29</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 430 Sod 195 Sugar 31</i>	29 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 470 Sod 255 Sugar 66</i>	30 Bagel & CC (1m, 2wg) <b>27</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>  <i>Cal 444 Sod 474 Sugar 37</i>	<i>Carbs listed for each item in blue font</i>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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