November 2022

Breakfast and Snack Menu





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|  | **1 Cereal, milk, fruit**  **Applesauce** | **2 Quesadilla, fruit**  **Animal cookies** | **3 Cereal, milk, fruit**  **Wheat Thins** | **4 French Toast, fruit, milk**  **Cheez-itz** |
| **7 Oatmeal, fruit, milk**  **Applesauce** | **8 Cereal, milk, fruit**  **Animal cookies** | **9 Mini Muffin, milk, fruit**  **Wheat Thins** | **10 Cereal, milk, fruit**  **Banana Milk Shake w/ Graham Crackers** | **11 Pancakes, fruit, milk**  **Graham Crackers** |
| **14 Quesadilla, fruit**  **Animal cookies** | **15 Cereal, milk, fruit**  **Cheez-itz** | **16 Oatmeal, milk, fruit**  **Wheat Thins** | **17 Cereal, milk, fruit**  **Graham Crackers** | **18 Waffles, fruit, milk**  **Rice pudding** |
| **21 Mini Muffin, milk, fruit**  **Wheat Thins** | **22 Cereal, milk, fruit**  **Pears**  **Graham Crackers** | **23 French Toast, milk, fruit**  **Sliced Apples** | **24 Cereal, milk, fruit**  **Ritz Crackers** | **25 Pancakes, fruit, milk**  **Rice Pudding** |
| **28 Biscuit & Jelly, milk**    **Applesauce** | **29 Cereal, milk, fruit**  **Goldfish Crackers** | **30** |  |  |