

# NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Whole Wheat Bagel w/Toppings Fresh Grapes Fruit Juice Milk	2 Quick Blueberry Bubble Bread Mandarin Oranges Fruit Juice Milk	3 Breakfast Pizza Sliced Peaches Fruit Juice Milk	4	5
		6 Whole Grain Cereal String Cheese Fresh Grapes Fruit Juice Milk	7 Biscuit & Gravy Fresh Banana Fruit Juice Milk	8 Pancake on a Stick Fruit Cocktail Fruit Juice Milk	9 Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Milk	10 Whole Grain Muffin Tropical Fruit Fruit Juice Milk
13 Mini Waffles w/Syrup Fresh Pineapple Fruit Juice Milk	14 Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Milk	15 Whole Wheat Bagel w/Toppings Fresh Strawberries Fruit Juice Milk	16 Breakfast Ham and Egg Bar w/Tomato Salsa Sliced Pears Fruit Juice Milk	17 Whole Grain Pop Tart Mandarin Oranges Fruit Juice Milk	18	19
20 Whole Grain Cereal Yogurt Cup Apple Slices Fruit Juice Milk	21 Biscuit & Gravy Pineapple Chunks Fruit Juice Milk	22 <b>NO SCHOOL</b>	23 <b>Happy Thanksgiving</b>	24 <b>NO SCHOOL</b>	25 	26
27 Mini Waffles w/Syrup Fruit Cocktail Fruit Juice Milk 	28 Whole Grain Cinnamon Roll Fresh Banana Fruit Juice Milk	29 Breakfast Pizza Peach Slices Fruit Juice Milk	30 Whole Grain Muffin Rosy Applesauce Fruit Juice Milk	<p>NOTES: Penny Hunt: Ask your youngster to count out 15 pennies. Then, have her cover her eyes while you hide them around the house. Set a timer for two minutes, and let her race to find the pennies before the buzzers. Next game, they can hide the pennies, and you hunt. Help each other find the pennies by saying "You're hot" when someone gets close to a hiding place and "You're cold" when someone is moving away from one. <i>Idea:</i> Move the game outdoors, and hide pennies in bushes, under rocks, or in sidewalk cracks.</p>		
						

# B R E A K F A S T M E N U