Arlene's November 2026 K-8 Breakfast Menu

2 Nutri-Grain Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	3 Chocolate Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	4 Cinnamon Bun (2wg) 34 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	5 Banana Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	6 Super Breakfast Ring (1g) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
9 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	10 Blueberry Muffin Top (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	11 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	12 Blueberry Muffin (2wg) 36 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	13 Apple Strudel Pastry (2wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
16 Strawberry Pop Tart (1wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	17 Bagel & Cream Cheese (2wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	18 Cinnamon Bun (2wg) 34 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	19 Chocolate Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	20 Super Breakfast Ring (1g) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
23 THANKSGIVING	24 BREAK	**Thanksgiving Break**	———————————	———————————>
30 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13				***Carbs listed for each item in blue font***

MENU SUBJECT TO CHANGE
MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP
NO PORK, PEANUTS OR FISH PRODUCTS SERVED AT ANY TIME
USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER