

NOVEMBER 2023

Edinboro & McKean ELEMENTARY

BREAKFAST



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breakfast Sandwich
Or Cereal
Fruit Cup
Milk and Juice

1

French Toast Sticks
Or Cereal
Orange Slices
Smoothies
Milk

2

Breakfast Sandwich
Or
Cereal or Donuts
Applesauce
Milk and Juice

3

Muffins
Or Cereal
Orange Wedges
Milk and Juice

6

Bagel & Cream Cheese
Or Cereal
Mixed Fruit
Smoothies

7

Breakfast Sandwich
Or Cereal
Fruit Cup
Milk and Juice

8

French Toast Sticks
Or Cereal
Orange Slices
Smoothies
Milk

9

NO SCHOOL

10

Funnel Cake
Or Cereal
Pears
Milk and Juice

13

Mini Waffles
Or Cereal
Mandarin Oranges
Smoothies

14

Breakfast Sandwich
Or Cereal
Pears
Milk and Juice

15

Fruit Strudel
Or Cereal
Fresh Fruit
Smoothies
Milk

16

Breakfast Sandwich or
Cereal or Donuts
Pineapple
Milk and Juice

17

Muffins
Or Cereal
Orange Wedges
Milk and Juice

20

Bagel & Cream Cheese
Or Cereal
Mixed Fruit
Smoothies

21

**THANKSGIVING
BREAK**

22

**THANKSGIVING
BREAK**

23

**THANKSGIVING
BREAK**

24

**THANKSGIVING
BREAK**

27

Mini Waffles
Or Cereal
Mandarin Oranges
Smoothies

28

Breakfast Sandwich
Or Cereal
Pears
Milk and Juice

29

Fruit Strudel
Or Cereal
Fresh Fruit
Smoothies
Milk

30