

# NOVEMBER | 2023



## Rapid River Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Fruit Parfait Granola Bar 100% Juice Cup Hard Boiled Egg Choice of Milk	31 Muffin/Cereal 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	1 Bagel/Cereal 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	2 Breakfast Sandwich 100% Juice Cup Yogurt Choice of Milk	3 No School
6 Fruit Parfait Granola Bar 100% Juice Cup Hard Boiled Egg Choice of Milk	7 Muffin/Cereal 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	8 Breakfast Pizza 100% Juice Cup Yogurt Hard Boiled Egg Choice of Milk	9 Breakfast Sandwich 100% Juice cup Yogurt Choice of Milk	10 Donut 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk
13 Bagel/Cereal 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	14 Banana Loaf or Apple Bread 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	15 No School	16 Breakfast Sandwich 100% Juice Cup Yogurt Choice of Milk	17 Donut 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk
20 Fruit Parfait Granola Bar 100% Juice Cup Hard Boiled Egg Choice of Milk	21 Muffin/Cereal 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	22 No School	23 No School	24 No School
27 Bagel/Cereal 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	28 Banana Loaf or Apple Bread 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	29 Breakfast Pizza 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	30 Breakfast Sandwich 100% Juice Cup Yogurt Choice of Milk	1

### News

Milk Choices~  
1% White  
1% Chocolate

Fruit Choices~  
Bananas  
Apple Slices  
Strawberries  
Oranges  
Apples