



FINLEY, PINE, MIDDLE, NOVEMBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
31 Chorizo and egg burrito Apple Sauce	1 Lucky Charms Raisins	2 Fruit Yogurt and Granola Apple Crisps	3 Mini Pancakes Craisins	4 Cinnamon Toast Crunch Apple Smiles
7 Banana Breakfast Bar Sunshine Bananas	8 Cocoa Puffs Sunshine Bananas	9 Uncrustables Apple Crisps	10 Breakfast Muffins Craisins	11 Holiday
14 Cocoa Puffs Graham Crackers	15 French Toast Sticks Sunshine Bananas	16 Mini Cinis Apple Sauce	17 Fruit Yogurt and Granola Sunshine Bananas	18 Choice of Cereal Apple Smiles
Thanksgiving Break				
28 Cocoa Puffs Craisins	29 Banana Breakfast Bar Apple Crisps	30 Chorizo and Egg Burrito Graham Crackers Bananas	1 Yogurt and Goldfish Apple Sauce	2 Lucky Charms Cherry Craisins

Menu subject to change due to product availability

Health and Learning Success Go Hand-in-Hand

WHOLE GRAINS

- Look for the whole grain stamp on the front of packaged food items.
- Try a new breakfast cereal with at least 16 grams of whole grain per serving.
- Serve whole wheat pasta instead of white pasta
- Serve brown rice instead of white rice.
- Swap potatoes for a whole grain side - quinoa, bulgur, or wheat berries. For more information and WG recipes go to: <https://wholegrainscouncil.org/whole-grains-101/whole-grains-z>

GRAIN Facts



- Eat 5-8 servings/day
- Whole grains are best!
- Whole grains: Vitamin B, Iron, Potassium
- Great source of carbohydrates



Give your child a healthy start!

Free Breakfast for all students
every day!

Mornings can be rushed, but it is important to make time for breakfast.

Children can benefit from the School Breakfast Program! Studies show that school breakfast can improve test scores, make kids more alert in class, and improve classroom behavior.

Make sure your kids start the school day with a healthy meal.

El Desayuno es gratis para todos los
estudiantes todos los días

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