




FINLEY AND PINE SCHOOLS NOVEMBER BREAKFAST MENU

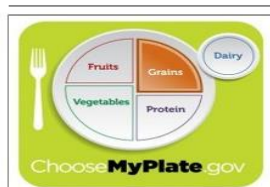
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fruit Yogurt and Granola Apple Crisps	2 Mini Bagels/Mini Waffles Breakfast Bars Craisins Sunshine Banans	3 Homemade Quesadillas Mini Cinis Craisins
6 Banana Breakfast Bar Lucky Charms Apple Sauce/Craisins	7 Mini Confetti Pancakes Cocoa Puffs Graham Crackers Craisins/ Apple Slices	8 New Organic Breakfast Carrot Muffin De Stella Repostería Saludable Freshly Made Plums	9 Fruit Yogurt and Mini Waffles Sunshine Bananas	10 Holiday Veterans Day No Classes
13 Banana Breakfast Bar Choice of Cereal Peach Cup	14 Mini Cinis/Donitas Craisins/ Apple Slices	15 French Toast Sticks Choice of Cereal Plums	16 New Organic Breakfast Oatmeal Cookies/Yogurt De Stella Repostería Saludable	17 Breakfast Croissant Cinnamon Toast Crunch Craisins
				
27 Breakfast Banana Bars Choice of Cereal Apple Sauce	28 Mini Confetti Pancakes Cocoa Puffs Graham Crackers Apple Slices	29 New Organic Breakfast Carrot Muffin De Stella Repostería Saludable Plums	30 Yogurt and Goldfish Choice of Cereal Sunshine Bananas	1 Papas con Chorizo Burrito Lucky Charms Graham Crackers Peach Cup

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.
- 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>



- **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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