NOVEMBER 2022 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **Cinni Minis** Fruit Cup 100% Fruit Juice	**2** **Blueberry Muffin** Cheese Stick Applesauce Cup Fresh Fruit	**3** **Bagel** Cream Cheese Fresh Fruit Craisins	**4** **Strawberry Nutri-Grain Bar** Cheese Cubes Fresh Fruit 100% Fruit Juice
7 **Cinnamon Chex** Animal Crackers Fruit Cup Fresh Fruit	**8** **Oatmeal Chocolate Chip Breakfast Round** Applesauce Cup Fresh Fruit	**9** **Yogurt & Granola** Fresh Fruit 100% Fruit Juice	**10** **Banana Bread** Fresh Fruit Fruit Cup	**11** **Cheerios** Bug Bite Grahams Fresh Fruit 100% Fruit Juice
14 **Mini Cinnamon Creamy Cheese Bagel** Fresh Fruit 100% Fruit Juice	**15** **Bagel** Grape Jelly Fruit Cup Fresh Fruit	**16** **Golden Grahams** Vanilla Yogurt Fresh Fruit Applesauce Cup	**17** **Cinnamon Breakfast Round** Fresh Fruit Craisins	**18** **Pumpkin Loaf** Fresh Fruit 100% Fruit Juice
21 **Reduced Sugar Cinnamon Toast Crunch** Vanilla Yogurt Fresh Fruit 100% Fruit Juice	**22** **Blueberry Nutri-Grain Bar** Cheese Cubes Applesauce Cup Fresh Fruit	**23** **Banana Muffin** Cheese Stick Fresh Fruit 100% Fruit Juice	*thanks giving*	
28 **Lucky Charms** Vanilla Yogurt Fresh Fruit 100% Fruit Juice	**29** **Mini Strawberry Creamy Cheese Bagel** Fresh Fruit Applesauce Cup	**30** **Rice Chex** Cheese Stick Fresh Fruit 100% Fruit Juice	**TASTE THE SUNSET** Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of all tissues, including your bones and cartilage. Orange foods that are high in beta-carotene and vitamin C include pumpkins, carrots, papayas, oranges, peaches, and cantaloupe.	

Did you know…
- We use heart healthy whole-grain breads and serve 100% fruit juice
- Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
- Nutrition and allergen information available at **www.FSPro.com**
- Menu items do not contain pork
- + Item does not contain meat   *Menu Subject to Change*

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