



Holy Name Breakfast Menu November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
11/6/23	11/7/23	11/8/23	11/9/23	11/10/23
Choice of Donut or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Choice of Muffin or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Strawberry Cheese Filled Bagel or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Sliced Banana Bread or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	No School
11/13/23	11/14/23	11/15/23	11/16/23	11/17/23
No School	Choice of Muffin or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Mini Cinni's Rolls or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Sliced Banana Bread or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Eggo French Toast Bites or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk
11/20/23	11/21/23	11/22/23	11/23/23	11/24/23
Choice of Donut or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Choice of Muffin or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Strawberry Cheese Filled Bagel or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	No School	No School
11/27/23	11/28/23	11/29/23	11/30/23	12/1/23
No School	Choice of Muffin or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Mini Cinni's Rolls or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Sliced Banana Bread or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Eggo French Toast Bites or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk

What is a Meal?
 You must choose at least 3 of the 4 components available for the school breakfast price.
 Choice of: Grain or Grain Protein
 Choice of: Fruit or Vegetable
 Choice of Milk (1% white, chocolate or strawberry)
 You must take at least 1/2 cup of fruit or vegetable



Whole Grain Cereal Selection May Include:
 Cinnamon Toast Crunch
 Trix, Cocoa Puffs
 Lucky Charms, Cheerios
 Fruit Loops, Frosted Flakes

Fruit May Include:
 Peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit

Build a Healthy Breakfast!

Choose at least 3 items,
make sure to take a fruit or vegetable!