



# St Joseph Elementary

November 2023

## Breakfast

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
|    | <p><i>All of our food is made fresh Daily.</i></p>   |  |   |   |
|   |  | <p><b>1</b><br/>Multi Grain Cheerios 1ea<br/>Graham Crackers 3pk<br/>Granny Smith Green Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>              | <p><b>2</b><br/>Wrapped Whole Wheat Bagel 2oz<br/>Butter Pack .5 oz<br/>100% Grape Juice 4oz<br/>100% Fruit Punch 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>  | <p><b>3</b><br/>W.G Corn Muffin 1ea<br/>Fresh Macintosh Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>       |
| <p><b>6</b><br/>Whole Grain Rice Krispies 1ea<br/>Graham Crackers 3pk<br/>Fresh Macintosh Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>   | <p><b>7</b><br/>Oatmeal Raisin Breakfast Bar 1ea-2.5oz<br/>100% Apple Juice 4oz<br/>100% Orange Juice 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>  | <p><b>8</b><br/>Whole Grain Cinnamon Toast Crunch 1ea<br/>Graham Crackers 3pk<br/>Granny Smith Green Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> | <p><b>9</b><br/>W.G Strawberry Poptart 1ea<br/>100% Grape Juice 4oz<br/>100% Fruit Punch 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>                           | <p><b>10</b><br/>W.G Blueberry Muffin 1ea<br/>Fresh Macintosh Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> |
| <p><b>13</b><br/>Whole Grain Apple Jacks 1ea<br/>Graham Crackers 3pk<br/>Fresh Macintosh Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>    | <p><b>14</b><br/>Eggo Mini Maple Pancakes 1ea<br/>100% Apple Juice 4oz<br/>100% Orange Juice 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>           | <p><b>15</b><br/>Whole Grain Fruit Loops 1ea<br/>Graham Crackers 3pk<br/>Granny Smith Green Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>          | <p><b>16</b><br/>Wrapped Whole Wheat Bagel 2oz<br/>Butter Pack .5 oz<br/>100% Grape Juice 4oz<br/>100% Fruit Punch 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> | <p><b>17</b><br/>W.G Banana Muffin 1ea<br/>Fresh Macintosh Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>    |
| <p><b>20</b><br/>Whole Grain Frosted Flakes 1ea<br/>Graham Crackers 3pk<br/>Fresh Macintosh Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> | <p><b>21</b><br/>Oatmeal Raisin Breakfast Bar 1ea-2.5oz<br/>100% Apple Juice 4oz<br/>100% Orange Juice 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> | <p><b>22</b><br/>Whole Grain Apple Jacks 1ea<br/>Graham Crackers 3pk<br/>Granny Smith Green Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>          | <p><b>23</b></p>   | <p><b>24</b></p>  |
| <p><b>27</b><br/>Whole Grain Rice Krispies 1ea<br/>Graham Crackers 3pk<br/>Fresh Macintosh Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>  | <p><b>28</b><br/>Eggo Mini Blueberry Pancakes 1ea<br/>100% Apple Juice 4oz<br/>100% Orange Juice 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>       | <p><b>29</b><br/>Multi Grain Cheerios 1ea<br/>Graham Crackers 3pk<br/>Granny Smith Green Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>             | <p><b>30</b><br/>Wrapped Whole Wheat Bagel 2oz<br/>Butter Pack .5 oz<br/>100% Grape Juice 4oz<br/>100% Fruit Punch 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> |   |