

NOVEMBER | 2020



ES Breakfast – Serve Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *Poptart (38g) Fresh Orange (15g) FF Chocolate Milk (20g)	3 No School	4	5 *Cereal Bar (30g) Fresh Apple (7g) 1% White Milk (13g)	6 *Cereal Bowl (23g) Applesauce Cup (14g) FF Chocolate Milk (20g)
9 Animal Crackers (22g) Fresh Apple (7g) 1% White Milk (13g)	10 *Cereal Bowl (23g) Applesauce Cup (14g) FF Chocolate Milk (20g)	11	12 *Muffin (27g) Fresh Orange (15g) FF Chocolate Milk (20g)	13 *Poptart (38g) Fresh Apple (7g) FF Chocolate Milk (20g)
16 *Poptart (38g) Fresh Apple (7g) 1% White Milk	17 *Cereal Bowl (23g) Fruit Punch (14g) FF Chocolate Milk (20g)	18	19 *Cereal Bar (30g) Fresh Apple (7g) 1% White Milk (13g)	20 *Muffin (27g) Fresh Orange (15g) 1% White Milk (13g)
23 *Poptart (38g) Fresh Orange (15g) FF Chocolate Milk (20g)	24 *Muffin (27g) Fresh Apple (7g) FF Chocolate Milk (20g)	25	26 *Cereal Bar (30g) Fresh Apple (7g) 1% White Milk (13g)	27 *Cereal Bowl (23g) Applesauce Cup (14g) FF Chocolate Milk (20g)
30 Animal Crackers (22g) Fresh Apple (7g) 1% White Milk (13g)	1	2	3	4

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*Average number of carbohydrates based on all flavors