



# Arlene's November 2025 K-8 Breakfast Menu

3 Cereal Bar (1wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	4 Chocolate Muffin Top (1wg) <b>30</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	5 Cinnamon Bun (2wg) <b>34</b> Apple (1/2c) <b>25</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	6 Blueberry Muffin (2wg) <b>36</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	7 Chocolate Muffin (2wg) <b>36</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>
10 Banana/Choc Oatmeal Round (2wg) <b>39</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	11 Blueberry Muffin Top (1wg) <b>30</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	12 Cinnamon Bun (2wg) <b>34</b> Apple (1/2c) <b>25</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	13 Chocolate Bread (2wg) <b>43</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	14 Super Breakfast Ring (1g) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>
17 Strawberry Pop Tart (1wg) <b>38</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	18 Chocolate Muffin (2wg) <b>36</b> Apple (1/2c) <b>25</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	19 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	20 Banana Bread (2wg) <b>43</b> Apple (1/2c) <b>25</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	21 Cinnamon Pull Apart Bagel (2wg) <b>42</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>
24 Apple Cinnamon Oatmeal Round (2wg) <b>39</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	25 Super Breakfast Ring (1g) <b>27</b> Apple (1/2c) <b>25</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	<b>Thanksgiving Break</b>		
<i>Carbs listed for each item in blue font</i>				

MENU SUBJECT TO CHANGE  
 MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP  
 NO PORK, PEANUTS OR FISH PRODUCTS SERVED AT ANY TIME  
 USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER