

NOVEMBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cinnamon Roll NEW! Froot Loops Cereal w/ Honey Grahams
4 Cinnamon Crumble NEW! Froot Loops Cereal w/ Honey Grahams	5 Pancakes w/ Syrup Yogurt w/ Honey Grahams	6 Banana Bread Cheerios Cereal w/ Honey Grahams	7 Cranberry Oatmeal Round Cinnamon Chex Cereal w/ Honey Grahams	8 Conchita w/ String Cheese NEW! Apple Jacks Cereal w/ Honey Grahams
11 Cinnamon Crumble NEW! Froot Loops Cereal w/ Honey Grahams	12 Cinnamon Chex Cereal w/ Honey Grahams Vanilla Concha	13 NEW! Apple Jacks Cereal w/ Honey Grahams NEW! Maple Beef Sausage & Pancake Sandwich	14 NEW! Chocolate Chip Muffin Top NEW! Apple Jacks Cereal w/ Honey Grahams	15 Cinnamon Roll NEW! Sausage & Cheese Stuffed Waffle
18 Cinnamon Crumble NEW! Froot Loops Cereal w/ Honey Grahams	19 Cinnamon Chex Cereal w/ Honey Grahams New! Fruit & Yogurt Smoothie w/ Granola	20 Banana Bread Cheerios Cereal w/ Honey Grahams	21 NEW! Sweet Potato Sunrise Muffin NEW! Froot Loops Cereal w/ Honey Grahams	22 Conchita w/ String Cheese NEW! Apple Jacks Cereal w/ Honey Grahams
25	26	27	28	29

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of Fat Free White Milk or 1% Low Fat White Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams	Apple (1/2 C), Applesauce Cup (1/2 C), Pear (1/2 C), 100% Fruit Juice 4 oz, Apple Slices (1/2 C), Orange (1/2 C), Banana (1/2 C), Dried Cranberries (1/2 C), Tangerine (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards



NOVEMBER SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Goldfish Pretzels & Fruit
4	5	6	7	8
Giant Cinnamon Grahams & Fruit	Chili Lime Rings & Fruit Pizza Crackers & Fruit	Cinnamon Granola & Fruit	NEW! Hummus w/ Wheat Crackers Wheat Crackers & Seed Butter Pouch	Fruity Crisps & Fruit Goldfish Cheddar & Fruit
11	12	13	14	15
	Wheat Crackers & Seed Butter Pouch	Fruity Crisps & Fruit Cheese Stick & Fruit	Sunflower Seeds & Fruit Pizza Crackers & Fruit	Goldfish Pretzels & Fruit
18	19	20	21	22
Ranch Crackers & Fruit Giant Cinnamon Grahams & Fruit	Pizza Crackers & Fruit	Cinnamon Granola & Fruit	Wheat Crackers & Seed Butter Pouch	Fruity Crisps & Fruit Goldfish Cheddar & Fruit
25	26	27	28	29

Snack Includes:

All snacks meet 1oz eq Whole Grain, 1 oz eq M/MA, 3/4 C Fruit, and/or 3/4 C Vegetable
 Fruit Rotation: Apple (3/4 Cup), 100% Fruit Juice 6 oz, Pear (3/4 Cup)
 *All fruits meet 3/4 cup equivalent

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