


Cresthaven Academy

November 2023

Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>All of our food is made fresh Daily.</i>				
			1 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	2 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz	3 W.G Corn Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	4
5	6 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	7 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	8 Whole Grain Cinnamon Toast Crunch 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	9 W.G Strawberry Poptart 1ea 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	10	11
12	13 Whole Grain Apple Jacks 1ea Apple Sauce Cup 1/2C Graham Crackers 3pk 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	14 Eggo Mini Maple Pancakes 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	15 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	16 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	17 W.G Banana Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	18
19	20 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	21 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	22 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	23 THANKSGIVING	24. SCHOOL CLOSED	25
26	27 Whole Grain Rice Krispies 1ea Apple Sauce Cup 1/2C Graham Crackers 3pk 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	28 Eggo Mini Blueberry Pancakes 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	29 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	30 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz		