



**Nativity of Mary School**  
*Give Thanks*  
**November 2021 Breakfast Menu**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<b>Double Chocolate Chip Muffin Goldfish Grahams</b>  Raisins Apple Juice Milk	<b>Strawberry Mini Bagels</b>  Petite Banana Grape Juice Milk	<b>Mini Cinni Roll</b>  Fresh Apple Milk	<b>Assorted Cereal Goldfish Grahams</b>  Applesauce Cup Orange Juice Milk	<b>National Donut Day</b>  <b>Glazed Donut</b>  Fresh Fruit Milk
8	9	10		12
<b>Blueberry Muffin Goldfish Grahams</b>  Raisins Apple Juice Milk	<b>Banana Breakfast Bar</b>  Fruit Cup Grape Juice Milk	<b>Soft Cocoa Puff Breakfast Bar</b>  Fresh Apple Milk		<b>No School</b>
15	16	17	18	19
<b>Cheerios Cereal Goldfish Grahams</b>  Raisins Apple Juice Milk	<b>Cinnamon Mini Bagels</b>  Petite Banana Grape Juice Milk	<b>Oatmeal Chocolate Chip Benefit Bar</b>  Fresh Apple Milk	<b>Fruit Strudel</b>  Applesauce Cup Orange Juice Milk	<b>Cinnamon Toast Crunch Cereal Bar Goldfish Grahams</b>  Fresh Fruit Milk
22	23		25	26
<b>Banana Muffin Goldfish Grahams</b>  Raisins Apple Juice Milk	<b>Fruity Cheerios Cereal Bar Goldfish Grahams</b>  Petite Banana Grape Juice Milk		<b>HAPPY THANKSGIVING!</b>	<b>Thanksgiving Recess No School</b>
29	30			
<b>Apple Cinnamon Muffin Goldfish Grahams</b>  Raisins Apple Juice Milk	<b>Soft Filled Cocoa Puff Breakfast Bar</b>  Fruit Cup Grape Juice Milk	<b>All first meals are provided free of cost.</b>  A reimbursable meal consists of a fruit/juice and two other items.  Students may take up to 1 cup of fruit: Fresh, prepared or juice.		

**A complete Breakfast is served at all schools.**

Choice of Milk Available with Breakfast:  
 Low-Fat White, Fat Free White,  
 Fat Free Chocolate



**Nutrition Tip:** Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.  
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