



# Arlene's November 2022 K-8 Breakfast Menu

	<p>1 Corn Smart Muffin (2wg) <b>36</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 435 Sod 255 Sugar 52</i></p>	<p>2 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>3 Banana Bread Slice (2wg) <b>43</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 485 Sod 360 Sugar 59</i></p>	<p>4 Fruit Loops Pouch (1wg) <b>23</b> Whole Apple (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 430 Sod 195 Sugar 31</i></p>
<p>7 Cereal Bar (1wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 450 Sod 255 Sugar 58</i></p>	<p>8 Straw Pull Apart Bagel (2wg) <b>42</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 445 Sod 330 Sugar 47</i></p>	<p>9 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>10 Blueberry Muffin (2wg) <b>45</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 485 Sod 280 Sugar 56</i></p>	<p>11 Cinnamon Puff Pastry (2wg) <b>41</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 475 Sod 430 Sugar 49</i></p>
<p>14 Choc Oatmeal Bar (2wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 495 Sod 280 Sugar 53</i></p>	<p>15 Choc Smart Muffin (2wg) <b>45</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 485 Sod 280 Sugar 56</i></p>	<p>16 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>17 Bagel &amp; CC (1m, 2wg) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 444 Sod 474 Sugar 37</i></p>	<p>18 Choc Muffin Top (1wg) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 405 Sod 255 Sugar 48</i></p>
<p>21 Berry Oatmeal Bar (2wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 495 Sod 255 Sugar 66</i></p>	<p>22 String Cheese &amp; Grahams (1m, 1wg) <b>13</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 405 Sod 340 Sugar 40</i></p>	<p>23</p> <p><b>Thanksgiving Break</b></p>	<p>24</p>	<p>25</p>
<p>28 Poptart (1.25wg) <b>38</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 480 Sod 330 Sugar 66</i></p>	<p>29 Corn Smart Muffin (2wg) <b>36</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 435 Sod 255 Sugar 52</i></p>	<p>30 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p><i>Carbs are listed for each item in blue font.</i></p>	

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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