

November 2017

ABT

BREAKFAST



School Information: Type your school information here.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Whole Grain
Banana Muffin
Apple
Milk

1

Whole Grain
Strawberry Pop Tart
Apple
Milk

2

Breakfast Bar
Apple
Milk

3

Grab and Go
Cereal Kit w/ Graham
Crackers, 100% Fruit
Juice, Applesauce and
Milk

6

Zucchini Bread
Apple
Milk

7

Whole Grain Banana
Muffin
Apple
Milk

8

Whole Grain
Strawberry Pop Tart
Apple
Milk

9

Breakfast Bar
Apple
Milk

10

Grab and Go
Cereal Kit w/ Graham
Crackers, 100% Fruit
Juice, Apple and Milk

13

Banana Bread
Apple
Milk

14

Whole Grain Fruit
Muffin
Apple
Milk

15

Whole Grain Cinnamon
Pop Tart
Apple
Milk

16

Breakfast Bar
Apple
Milk

17

Grab and Go
Cereal Kit w/ Graham
Crackers, 100% Fruit
Juice, Apple and Milk

20

Breakfast Bar
Apple
Milk

21

Whole Grain Fruit
Muffin
Apple
Milk

22

Zucchini Bread
Apple
Milk

23

Apple Muffin
Apple
Milk

24

Grab and Go
Cereal Kit w/ Graham
Crackers, 100% Fruit
Juice, Apple and Milk

27

Whole Grain Fruit
Muffin
Apple
Milk

28

Breakfast Bar
Apple
Milk

29

Apple Loaf
Apple
Milk

30

