



YDT November 2023 Breakfast Menu

All Breakfasts will include at least 1-2 oz eq Grain , 1 cup Fruit and 8 oz fluid skim or low fat Milk.

Sunday (Boys Only)	Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Muffin Fruit Cup Milk	2 WG Multigrain Cheerios Fruit Milk	3 WG Pastries Fruit Cup Milk
5	6 Yogurt WG Granola Banana Milk	7 WG Tortilla Chips Salsa Cup Milk	8 WG Muffin Fruit Cup Milk	9 WG Popcorn Apples Milk	10 WG Pretzels Fruit Cup Milk
12	13 Mozzarella Sticks WG Crackers Milk	14 WG Rice Cakes Diced Peaches Milk	15 WG Muffin Fruit Cup Milk	16 WG Multigrain Cheerios Fruit Milk	17 WG Pastries Fruit Cup Milk
19	20 Yogurt WG Granola Banana Milk	21 WG Tortilla Chips Salsa Cup Milk	22 WG Muffin Fruit Cup Milk	23 WG Popcorn Apples Milk	24 WG Pretzels Fruit Cup Milk
26	27 Mozzarella Sticks WG Crackers Milk	28 WG Rice Cakes Diced Peaches Milk	29 WG Muffin Fruit Cup Milk	30 WG Multigrain Cheerios Fruit Milk	

The institution is an equal opportunity provider.