

NOVEMBER 2022

Mescalero Apache School

BREAKFAST



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that is in season to add variety throughout the year.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast Empanada
Fruit
Milk

1

Pigs in a Blanket
Fruit
Milk

2

Breakfast Bar
Fruit
Milk

3

No School

4

Cereal
Fruit
Yogurt
Milk

7

Breakfast Sandwich
Fruit
Milk

8

Cinnamon Roll
Fruit
String Cheese
Milk

9

French Toast
Fruit
String Cheese
Milk

10

No School

11

Pop Tarts
Fruit
Yogurt
Milk

14

Pancake on a Stick
Fruit
Milk

15

Breakfast Pizza
Fruit
Milk

16

Strawberry Boli
Fruit
String Cheese
Milk

17

No School

18

Fall Break

21

Fall Break

22

Fall Break

23

Fall Break

24

Fall Break

25

Breakfast Pizza
Fruit
Milk

28

Breakfast Burrito
Fruit
Milk

29

Pigs in a Blanket
Fruit
Milk

30

