



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's in season to add variety throughout the year.



BREAKFAST

MONDAY

WG Pancakes 1pkg
String Cheese 1ea.
Fruit Cup 4oz
Juice Cup, Milk 4oz, 8Floz

02

TUESDAY

Yogurt Parfait 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

03

WEDNESDAY

WG Carmel Roll 1ea.
Yogurt 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

04

THURSDAY

WG Assorted Cereal 3/4c
Yogurt 4oz
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

05

FRIDAY

Scrambled Eggs 2oz
Asst WG Muffin 2oz
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

06

Breakfast Burrito 1ea.
Yogurt 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

09

Cheese Omelet 1ea.
Hashbrown 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

10

WG Assorted Muffin 2oz
Yogurt 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

11

WG Mini Cinni Roll 1ea.
String Cheese 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

12

WG Pancakes 1pkg
String Cheese 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

13

Yogurt Parfait 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

16

WG Assorted Cereal 3/4c
Yogurt 1ea.
Fruit, Juice Cup 4oz, 4oz
Milk 8Floz

17

WG Carmel Roll 1ea.
Yogurt 1ea.
Fruit, Juice Cup 4oz, 4oz
Milk 8Floz

18

Scrambled Eggs 2oz
Hashbrown 2oz
Fruit, Juice Cup 4oz, 4oz
Milk 8Floz

19

WG Assorted Muffin 2oz
String Cheese 1ea.
Fruit, Juice Cup 4oz, 4oz
Milk 8Floz

20

WG Pancakes 1pkg
String Cheese 1ea.
Fruit, Juice Cup 4oz
Milk 8Floz

23

WG Mini Cinni Roll 1ea.
Yogurt 1ea.
Fruit, Juice Cup 4oz, 4oz
Milk 8Floz

24

NO
SCHOOL 25

NO
SCHOOL 26

NO
SCHOOL 27

WG Assorted Cereal 3/4c
Yogurt 1ea.
Fruit, Juice Cup 4oz, 4oz
Milk 8Floz

29

• WG = Whole Grain
* 1 percent white milk
provided daily.



St. John's Lutheran School

*This institution is an equal opportunity provider,

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