

NOVEMBER 2021

PERRY BREAKFAST

BREAKFAST

Breakfast and lunch school meals are **FREE** for all students in SY2021-22 due to pandemic waivers



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and whole grain cereal 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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cereal
Graham Cookie
Fruit/Fruit Juice
Milk

1

Cinnamon Roll
Fruit/Fruit Juice
Milk

2

Mini French Toast
Fruit/Fruit Juice
Milk

3

Glazed Donut
Fruit/Fruit Juice
Milk

4

Crunchmania
Fruit/Fruit Juice
Milk

5

Cereal
Graham Cookie
Fruit/Fruit Juice
Milk

8

Pillsbury Mini Cinnis
Fruit/Fruit Juice
Milk

9

Snack-n Waffle
Fruit/Fruit Juice
Milk

10

Yogurt
Gripz Cookies
Fruit/Fruit Juice
Milk

11

Pop Tarts
Fruit/Fruit Juice
Milk

12

Cereal
Graham Cookie
Fruit/Fruit Juice
Milk

15

Dunkin Stick
Fruit/Fruit Juice
Milk

16

Cinnabar
Fruit/Fruit Juice
Milk

17

Muffin
Cheese Stick
Fruit/Fruit Juice
Milk

18

Crunchmania
Fruit/Fruit Juice
Milk

19

Cereal
Graham Cookie
Fruit/Fruit Juice
Milk

22

Pop Tarts
Fruit/Fruit Juice
Milk

23



24



25



26

No School

29

Cereal
Graham Cookie
Fruit/Fruit Juice
Milk

30

