


**BREAKFAST**

# NOVEMBER 2022

## WALDEN SCHOOL

Low Fat Milk is offered  
with Every Breakfast.

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**HAPPY  
THANKSGIVING**
**7**  
**Bagel w/Cream Cheese**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**1**  
**Waffles**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**8**  
**Cinnamon Roll**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**2**  
**Breakfast Sandwich**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**9**  
**Scrambled Eggs,  
Toast & Hash Browns**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**3**  
**Yogurt & Granola**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**10**  
**Maple Oatmeal**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**4**  
**Homemade Muffin**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**11**  
**Homemade Muffin**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**14**  
**Bagel w/Cream Cheese**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**15**  
**Blueberry Pancakes**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**16**  
**Breakfast Fruit Pizza**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**17**  
**Yogurt & Granola**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**18**  
**Homemade Muffin**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**21**  
**Bagel w/Cream Cheese**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**22**  
**French Toast**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**23**  
 ~NO SCHOOL~  
**Thanksgiving Break**
**24**  
 ~NO SCHOOL~  
**Thanksgiving Break**
**25**  
 ~NO SCHOOL~  
**Thanksgiving Break**
**28**  
**Bagel w/Cream Cheese**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**29**  
**Pumpkin Pancakes**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk

**30**  
**Croissant Breakfast  
Sandwich**  
 or Wholegrain Cereal  
 Fruit  
 Fruit/Veg. Juice  
 Milk


All school meals will be offered to students at no cost through June 30, 2023.  
Menu is subject to change without notice.


**PAY FOR MEALS ONLINE**  
[MySchoolBucks.com](https://www.MySchoolBucks.com)