



RUSSELL BYERS CHARTER SCHOOL NOVEMBER BREAKFAST MENU

WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #2		11/1/2022	11/2/2022	11/3/2022	11/4/2022
		½ cup CINNAMON TOAST CRUNCH CEREAL ½ cup BERRY APPLESAUCE CUP 4 oz ORANGE JUICE 8 oz 1% MILK	BREAKFAST WRAP - EGG & CHEESE ON SPINACH WRAP ½ cup PEAR CUP 4 oz GRAPE JUICE 8 oz 1% MILK	(2) WAFFLES ½ cup CINNAMON APPLESAUCE CUP 4 oz APPLE JUICE SF SYRUP 8 oz 1% MILK	2 OZ BAGEL 1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK
WEEK #1	11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
	½ cup CHEERIOS CEREAL 1 each FRESH BANANA 4 oz APPLE JUICE 8 oz 1% MILK	½ cup LOWFAT YOGURT CUP 1 oz Side of GRANOLA (Nut Free) 1 each FRESH APPLE 8 oz 1% MILK	2 OZ BAGEL 1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK	½ cup FROSTED CORN FLAKES 1 SLVEAT 1SH ORANGE VEDGES 8 oz 1% MILK	(2) PANESPCUPNGE JUICE SF SYRUP 8 oz 1% MILK
WEEK #4	11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
	½ cup RICE CHEX CEREAL 1 each FRESH APPLE 8 oz 1% MILK	(2) PIECES OF FRENCH TOAST ½ cup CINNAMON APPLESAUCE CUP 4 oz APPLE JUICE SF SYRUP 8 oz 1% MILK	½ cup RICE KRISPIES CEREAL 1 each FRESH BANANA 4 oz ORANGE JUICE 8 oz 1% MILK	(2) WAFFLES ½ cup CINNAMON APPLESAUCE CUP 4 oz APPLE JUICE SF SYRUP 8 oz 1% MILK	2 OZ BAGEL 1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK
WEEK #1	11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
	½ cup CHEERIOS CEREAL 1 each FRESH BANANA 4 oz APPLE JUICE 8 oz 1% MILK	½ cup LOWFAT YOGURT CUP 1 oz Side of GRANOLA (Nut Free) 1 each FRESH APPLE 8 oz 1% MILK	2 OZ BAGEL 1oz Side of STRAWBERRY CREAM CHEESE ½ cup PINEAPPLE CUP 4 oz GRAPE JUICE 8oz 1% MILK	½ cup FROSTED CORN FLAKES 1 SLVEAT 1SH ORANGE VEDGES 8 oz 1% MILK	(2) PANCAKESPCUPNGE JUICE SF SYRUP 8 oz 1% MILK
WEEK #2	11/28/2022	11/29/2022	11/30/2022		
	½ cup RICE CHEX CEREAL 1 each FRESH APPLE 8 oz 1% MILK	½ cup CINNAMON TOAST CRUNCH CEREAL ½ cup BERRY APPLESAUCE CUP 4 oz ORANGE JUICE 8 oz 1% MILK	BREAKFAST WRAP - EGG & CHEESE ON SPINACH WRAP ½ cup PEAR CUP 4 oz GRAPE JUICE 8 oz 1% MILK		
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ALL FRUIT CUPS ARE PACKED IN 100% NATURAL JUICE					