

# NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T		1 Pancakes Peaches Milk	2 Special K Mixed Fruit Milk	3 Oatmeal Applesauce Milk	4 Kic Cereal (WG) Bananas Milk	5 
	6 7 Cheerios Diced Pineapples Milk	8 Waffles Tropical Mix Fruit Milk	9 English Muffins Peaches Milk	10 Cheese Grits Pineapples Milk	11 Close	12 
	13 14 Raisins Bran (WG) Mandarin Oranges Milk	15 Muffins (WG) Pineapples Milk	16 Cinnamon Toast (WG) Mix Fruit Milk	17 Oatmeal (WG) Pineapple Milk	18 Rice Crispiest Bananas Milk	19 
	20 21 Rice Krispie's Mandarin Oranges Milk	22 Waffles (WG) Tropical Fruit Milk	23 English Muffins Peaches Milk	24 Close	25 Close	26 
	27 28 Cheerios (WG) Applesauce Milk	29 Muffins (WG) Peaches Milk	30 Cheese Toast (WG) Pears Milk			
		 <b>This institution is an equal opportunity provider</b> <b>All cereal is wic approved</b> 				<b>Notes:</b> Fat -Free or 1% Milk is served with every meal. Whole milk is served to one year olds. Substitutes are made upon doctor's request.