

NOVEMBER 2023

LAKE OF THE WOODS

Monday

Tuesday

Wednesday

Thursday

Friday



6
NO SCHOOL
DEER DAY

7
CEREAL
CHEESE STICK
FRUIT / JUICE / MILK

8
BISCUIT
EGG & SAUSAGE PATTY
FRUIT / JUICE / MILK

9
BREAKFAST ROUND
FRUIT / JUICE / MILK

10
MINI CREAM CHEESE BAGEL
FRUIT / JUICE / MILK

13
CEREAL
YOGURT
FRUIT / JUICE / MILK

14
PANCAKES
FRUIT / JUICE / MILK

15
SCRAMBLED EGGS
BLUEBERRY MUFFIN
FRUIT / JUICE / MILK

16
CEREAL BAR
FRUIT / JUICE / MILK

17
DUTCH WAFFLE
FRUIT / JUICE / MILK

20
APPLE FRUDEL
FRUIT / JUICE / MILK

21
CEREAL
BUG BITES
FRUIT / JUICE / MILK

22
FRENCH TOAST STICKS
FRUIT / JUICE / MILK

23
NO SCHOOL
THANKSGIVING BREAK

24
NO SCHOOL
THANKSGIVING BREAK

27
CEREAL
POPARTS
FRUIT / JUICE / MILK

28
BREAKFAST ON A STICK
FRUIT / JUICE / MILK

29
INSTANT OATMEAL
GRANOLA BAR
FRUIT / JUICE / MILK

30
WAFFLE
FRUIT / JUICE / MILK

