



November 2024 | West Risk Breakfast



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
|  Carrots Season in Texas: August - May Did you know? You can eat all parts of the carrot; leaves can be made into pesto or added to a salad, carrot flowers can also be added to salads or turned into jelly, the seeds are used to flavor other foods  | | | | |
| 4 INSERVICE DAY | 5 FRENCH TOAST EGG PATTY CEREAL- MUFFIN-PBJ POPTARTS-GRAHAMS FRUIT OR JUICE MILK CHOICE | 6 BAGEL PIZZA CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 7 CHICKEN & BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | 1 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE |
| 11 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 12 PANCAKE STICK CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | 13 BREAKFAST PIZZA CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 14 GRILLED CHEESE CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | 8 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE |
| 18 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 19 FRENCH TOAST EGG PATTY CEREAL- MUFFIN-PBJ POPTARTS-GRAHAMS FRUIT OR JUICE MILK CHOICE | 20 BAGEL PIZZA CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 21 CHICKEN & BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | 15 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE |
| 25 THANKSGIVING BREAK | 26 THANKSGIVING BREAK | 27 THANKSGIVING BREAK | 28 THANKSGIVING BREAK | 22 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE |
| 29 THANKSGIVING BREAK | | | | |

Announcements:

EARLY RELEASE
NOV. 1ST

INSERVICE DAY
NOV. 4TH

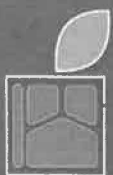
EARLY RELEASE
NOV. 22ND

THANKSGIVING
BREAK
NOV. 25TH-NOV. 29TH



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA. This institution is an equal opportunity provider.



Food and Nutrition Division
www.SquareMeals.org



Updated 6/6/2024
National School Lunch Program

