

RED BANK CHARTER SCHOOL

November

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fruit Smoothies-1 ½ c Peaches-1/2c Strawberry ½ c and Orange Juice Honey Nut Cheerios-1oz W/G Grahman Crackers-3 Milk-8oz
4	5	6	7	8
Vanilla Yogurt-4oz W/G Granola-1oz W/G Corn Chex-1oz Fresh Fruit-1 Milk-8oz	Fresh Smoothies-1 1/2c Blueberry1/2c 7 Strawberry1/2c and Apple juice-4oz W/G Waffle Grahams-2 Honey nut Cheerios-1oz Milk-8 oz	Egg & Croissant Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Miffin-1 W/G Waffle Grahams-2 Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Mixed Fruit-1/2 c Apple and Orange Juice-4oz W/G Corn Chex-1oz W/G Waffle Grahams-2 Milk-8oz
11	12	13	14	15
Vanilla Yogurt-4oz W/G Granola-1oz Honey Nut Cheerios-1oz Fresh Fruit-1 Milk-8oz	Scramble Eggs-4oz Turkey Bacon-3 W/G Bread Slice-1 Fresh Fruit-1 Milk-8oz	Bagels-1 Cream Cheese-1 Fresh Fruit-1 Milk-8oz	W/G Waffle Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Apricot-1/2c Banana-1/2 and Apple Juice-4oz W/G Waffle Grahams-2 Honey Nut Cheerios-1oz Milk-8oz
18	19	20	21	22
Vanilla Yogurt-4oz W/G Granola-1oz W/G Corn Chex-1oz Fresh Fruit-1 Milk-8oz	Fresh Smoothies-1 1/2c Strawberry1/2 c & Banana1/2 and Apple juice-4oz Honey nut Cheerios-1oz Milk-8oz	French Toast-3 Turkey Bacon-3 Fresh Fruit-1 Milk-8oz	Egg & Croissant Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Fresh Smoothies-1 ½ Peaches-1/2c & Apricot ½ c W/G Corn Chex-1oz W/G Waffle Grahams-2 Milk-8oz
25	26	27	28	29
Vanilola Yogurt-4oz W/G Granola Honey Nut Cheerios-1oz Fresh Fruit-1 Milk-8oz	W/G Pancakes-3 Turkey Bacon-3 Fresh Fruit-1 Milk-8 oz	Bagles-1 Cream Cheese-1 Fresh Fruit-1 Milk-8oz	HAPPY THANKSGIVING	NO SCHOOL