

NOVEMBER 2022

Caston School Corporation

BREAKFAST



School Information: K-12 \$3.00, Reduced \$.30
Menu is subject to change based on product availability



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Pancakes
Sausage Patty
Tropical Fruit
Fruit Juice
Milk

2
Bagel w/ Toppings
Fresh Strawberries
Fruit Juice
Milk

3
Breakfast Pizza
Sliced Pears
Fruit Juice
Milk

4
Biscuits & Gravy
Fresh Fruit
Fruit Juice
Milk

7
Assorted Cereal
Yogurt cup
Fresh Apples
Fruit Juice
Milk

8
French Toast Sticks
w/Syrup
Fruit Cocktail
Fruit Juice
Milk

9
Coffeecake
Citrus Fruit
Fruit Juice
Milk

10
Western Omelet w/Salsa
Grapes
Fruit Juice
Milk

11
Biscuits & Gravy
Fresh Fruit
Fruit Juice
Milk

14
French Toast Sticks w/Syrup
Fruit Cocktail
Fruit Juice
Milk

15
Mini Waffles w/ Syrup
Canned Fruit
Fruit Juice
Milk

16
Coffeecake
Citrus Fruit
Fruit Juice
Milk

17
Western Omelet w/ Salsa
Fresh Grapes
Fruit Juice
Milk

18
Biscuits & Gravy
Fresh Fruit
Fruit Juice
Milk

21
Sausage Patty, Cheese, Bisc
Sandwich
Yogurt Cup
Fruit Juice
Milk

22
Assorted Pop Tarts
Fruit Cup
Fruit Juice
Milk

23
Thanksgiving Break
No School

24
Thanksgiving Break
No School

25
Thanksgiving Break
No School

28
Blueberry Muffin
Fresh Fruit
Fruit Juice
Milk

29
Bagel w/ Toppings
Fresh Apple
Fruit Juice
Milk

30
French Toast Sticks
w/Syrup
Fresh Grapes
Fruit Juice
Milk

