

## NOVEMBER 2025

## TASTY

## HEALTHY

## FUN

## VARIETY

## BALANCED

Name of the menu :Bfst NSLP K-12 B Breakfast No Cereal Menu

Meal Pattern :NSLP

Grade : K-12 Grades

Meal : Breakfast

|                       | Monday, 11/3/2025                                    | Tuesday, 11/4/2025                                             | Wednesday, 11/5/2025                           | Thursday, 11/6/2025             | Friday, 11/7/2025                                                   |
|-----------------------|------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------|---------------------------------|---------------------------------------------------------------------|
| Week III<br>BREAKFAST | <b>Blueberry Loaf</b>                                | <b>Apple Muffin</b>                                            | <b>Cranberry Oatmeal Bar</b>                   | <b>Glazed Pull Aparts</b>       | Fun Friday Breakfast<br><b>Choco-Drizzle Banana Breakfast Bread</b> |
|                       | 100% 4.23 oz Fruit Juice                             | 100% 4.23 oz Fruit Juice                                       | 100% 4.23 oz Fruit Juice                       | 100% 4.23 oz Fruit Juice        | 100% 4.23 oz Fruit Juice                                            |
|                       | Choice Milk & Second Fruit                           | Choice Milk & Second Fruit                                     | Choice Milk & Second Fruit                     | Choice Milk & Second Fruit      | Choice Milk & Second Fruit                                          |
|                       | Entrée of the Day is 2 Whole Grain Items Equivalent. |                                                                |                                                |                                 |                                                                     |
|                       | Monday, 11/10/2025                                   | Tuesday, 11/11/2025                                            | Wednesday, 11/12/2025                          | Thursday, 11/13/2025            | Friday, 11/14/2025                                                  |
| Week IV<br>BREAKFAST  | <b>Lemon Poppyseed Snackbread</b>                    | <b>Large BeneFIT Bar - Banana Chocolate Chip Breakfast Bar</b> | <b>Cinnamon Swirl</b>                          | <b>Glazed Breakfast Bites</b>   | Fun Friday Breakfast<br><b>Apple Cinnamon Brekkie</b>               |
|                       | 100% 4.23 oz Fruit Juice                             | 100% 4.23 oz Fruit Juice                                       | 100% 4.23 oz Fruit Juice                       | 100% 4.23 oz Fruit Juice        | 100% 4.23 oz Fruit Juice                                            |
|                       | Choice Milk & Second Fruit                           | Choice Milk & Second Fruit                                     | Choice Milk & Second Fruit                     | Choice Milk & Second Fruit      | Choice Milk & Second Fruit                                          |
|                       | Entrée of the Day is 2 Whole Grain Items Equivalent. |                                                                |                                                |                                 |                                                                     |
|                       | Monday, 11/17/2025                                   | Tuesday, 11/18/2025                                            | Wednesday, 11/19/2025                          | Thursday, 11/20/2025            | Friday, 11/21/2025                                                  |
| Week V<br>BREAKFAST   | <b>Cinnamon Toast Crunch Breakfast Bar</b>           | <b>Blueberry Waffle</b>                                        | <b>French Toast Loaf</b>                       | <b>Banana Bread Super Slice</b> | Fun Friday Breakfast<br><b>Dunkin Stix</b>                          |
|                       | 100% 4.23 oz Fruit Juice                             | 100% 4.23 oz Fruit Juice                                       | 100% 4.23 oz Fruit Juice                       | 100% 4.23 oz Fruit Juice        | 100% 4.23 oz Fruit Juice                                            |
|                       | Choice Milk & Second Fruit                           | Choice Milk & Second Fruit                                     | Choice Milk & Second Fruit                     | Choice Milk & Second Fruit      | Choice Milk & Second Fruit                                          |
|                       | Entrée of the Day is 2 Whole Grain Items Equivalent. |                                                                |                                                |                                 |                                                                     |
|                       | Monday, 11/24/2025                                   | Tuesday, 11/25/2025                                            | Wednesday, 11/26/2025                          | Thursday, 11/27/2025            | Friday, 11/28/2025                                                  |
| Week VI<br>BREAKFAST  | <b>French Toast Waffle</b>                           | <b>Pumpkin Muffin</b>                                          | <b>Sliced Bagel w/ Strawberry Cream Cheese</b> | <b>Honey Breakfast Bun</b>      | Fun Friday Breakfast<br><b>Chocolate Cake Donut</b>                 |
|                       | 100% 4.23 oz Fruit Juice                             | 100% 4.23 oz Fruit Juice                                       | 100% 4.23 oz Fruit Juice                       | 100% 4.23 oz Fruit Juice        | 100% 4.23 oz Fruit Juice                                            |
|                       | Choice Milk & Second Fruit                           | Choice Milk & Second Fruit                                     | Choice Milk & Second Fruit                     | Choice Milk & Second Fruit      | Choice Milk & Second Fruit                                          |
|                       | Entrée of the Day is 2 Whole Grain Items Equivalent. |                                                                |                                                |                                 |                                                                     |

\*\*\* Three Items meet USDA requirements (One Item must be fruit).

Skim &amp; 1% milk served daily.

This menu is 100% pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.

**The Power of Fruits in School Meals**

From fresh and frozen to canned, dried and 100% juice, all forms of fruit have a place on our school meal menus. Whether it's enjoying a juicy water melon at lunch or enjoying a handful of raisins as a snack, every fruit choice contributes to one's overall health and well-being. Fruit is packed with essential vitamins, minerals and antioxidants that promote overall health and well-being. Whether it's the vitamin C boost from citrus fruits, the potassium-rich goodness of bananas or the fiber-packed sweetness of apples, each fruit offers its unique nutritional benefits. By incorporating a variety of fruits into our school meals, we provide students with a range of nutrients to help them thrive both in and out of the classroom.

### WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

| (Menu Subject to Change) |                                                      |                                         |                            |                            | DECEMBER 2025                                          |  |
|--------------------------|------------------------------------------------------|-----------------------------------------|----------------------------|----------------------------|--------------------------------------------------------|--|
| TASTY                    |                                                      | HEALTHY                                 | FUN                        | VARIETY                    | BALANCED                                               |  |
| Week I<br>BREAKFAST      | Monday, 12/1/2025                                    | Tuesday, 12/2/2025                      | Wednesday, 12/3/2025       | Thursday, 12/4/2025        | Friday, 12/5/2025                                      |  |
|                          | Blueberry Pomegranate Breakfast Bar                  | Vanilla Waffle                          | Banana Muffin              | Apple Breakfast Bites      | Fun Friday Breakfast                                   |  |
|                          | 100% 4.23 oz Fruit Juice                             | 100% 4.23 oz Fruit Juice                | 100% 4.23 oz Fruit Juice   | 100% 4.23 oz Fruit Juice   | Brekkie                                                |  |
|                          | Choice Milk & Second Fruit                           | Choice Milk & Second Fruit              | Choice Milk & Second Fruit | Choice Milk & Second Fruit | 100% 4.23 oz Fruit Juice<br>Choice Milk & Second Fruit |  |
|                          | Entrée of the Day is 2 Whole Grain Items Equivalent. |                                         |                            |                            |                                                        |  |
|                          | Monday, 12/8/2025                                    | Tuesday, 12/9/2025                      | Wednesday, 12/10/2025      | Thursday, 12/11/2025       | Friday, 12/12/2025                                     |  |
| Week II<br>BREAKFAST     | French Toast Breakfast Bar                           | Sliced Bagel w/ Strawberry Cream Cheese | Large Cornbread            | Pumpkin Bread Super Slice  | Fun Friday Breakfast                                   |  |
|                          | 100% 4.23 oz Fruit Juice                             | 100% 4.23 oz Fruit Juice                | 100% 4.23 oz Fruit Juice   | 100% 4.23 oz Fruit Juice   | Glazed Donut                                           |  |
|                          | Choice Milk & Second Fruit                           | Choice Milk & Second Fruit              | Choice Milk & Second Fruit | Choice Milk & Second Fruit | 100% 4.23 oz Fruit Juice<br>Choice Milk & Second Fruit |  |
|                          | Entrée of the Day is 2 Whole Grain Items Equivalent. |                                         |                            |                            |                                                        |  |