## NOVEMBER 2023 BETHEL BULLDOGS BREAKFAST

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cucumbers are 95 Percent water!	1	Pop tarts 2 Fruit Juice Milk	Cereal Granola bar Fruit Juice Milk
Pancakes 7 Fruit Juice Milk	Biscuit Sausage patty Fruit Juice Milk	French toast sticks 9 Fruit Juice Milk	Cereal Granola bar Fruit Juice Milk
Donuts holes Fruit Juice Milk	Biscuits/ gravy <b>15</b> Fruit Juice Milk	Pop tarts 16 Fruit Juice Milk	Cereal Granola bar Fruit Juice Milk
Cereal bar Fruit Juice Milk	22	23	24
Waffles 28 Fruit Juice Milk	Croissant Egg patty Sausage Fruit Juice/milk	Pancakes Fruit Juice Milk	Carrots are sweeter in the winter!
	Cucumbers are 95 Percent water!7Pancakes Fruit Juice Milk7Donuts holes Fruit Juice Milk14Cereal bar Fruit Juice Milk21Cereal bar Fruit Juice Milk21Waffles Fruit Juice28	Cucumbers are 95 Percent water!1Pancakes Fruit Juice Milk7Biscuit Sausage patty Fruit Juice Milk8Donuts holes Fruit Juice Milk14Biscuits/ gravy Fruit Juice Milk15Cereal bar Fruit Juice Milk2122Cereal bar Fruit Juice Milk28Croissant Egg patty Sausage Fruit Egg patty Sausage Fruit29	Cucumbers are 95 Percent water!1Pop tarts Fruit Juice Milk2Pancakes Fruit Juice7Biscuit Sausage patty Fruit Juice Milk8French toast sticks Fruit Juice MilkDonuts holes Hik14Biscuits/ gravy Fruit Juice Milk15Pop tarts Fruit Juice Milk16Donuts holes Hik14Biscuits/ gravy 