

NOVEMBER 2023

BETHEL BULLDOGS BREAKFAST

MONDAY



TUESDAY

**Cucumbers are 95
Percent water!**

WEDNESDAY

1

THURSDAY

Pop tarts
Fruit
Juice
Milk

2

FRIDAY

Cereal
Granola bar
Fruit
Juice
Milk

3

Banana bread
Fruit
Juice
Milk

6

Pancakes
Fruit
Juice
Milk

7

Biscuit
Sausage patty
Fruit
Juice
Milk

8

French toast sticks
Fruit
Juice
Milk

9

Cereal
Granola bar
Fruit
Juice
Milk

10

Blueberry bread
Fruit
Juice
Milk

13

Donuts holes
Fruit
Juice
Milk

14

Biscuits/ gravy
Fruit
Juice
Milk

15

Pop tarts
Fruit
Juice
Milk

16

Cereal
Granola bar
Fruit
Juice
Milk

17

Breakfast pizza
Fruit
Juice
Milk

20

Cereal bar
Fruit
Juice
Milk

21

22

23

24

Breakfast burrito
Fruit
Juice
Milk

27

Waffles
Fruit
Juice
Milk

28

Croissant
Egg patty
Sausage
Fruit
Juice/milk

29

Pancakes
Fruit
Juice
Milk

30

**Carrots are sweeter in
the winter!**