



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.



BREAKFAST

Myers-Lil Pups Cafe

MONDAY

WG Donut
Yogurt
Fruit
Juice & Milk

02

TUESDAY

Sausage & Biscuit
Fruit
Juice
Milk

03

WEDNESDAY

Mini Pancakes w/ Syrup Cup
Fruit
Juice & Milk

04

THURSDAY

Breakfast Burrito
Fruit
Juice
Milk

06

FRIDAY

Egg & Cheese Omelet
Toast
Fruit
Juice & Milk

08

Goody Bun
Yogurt
Fruit
Juice and Milk

09

Chicken & Biscuit
Fruit
Juice & Milk

10

Mini Cinni
Yogurt
Fruit & Milk

11

Chicken & Biscuit
Fruit
Juice & Milk

12

Cheesy Breakfast Bake
Fruit
Juice
Milk

13

WG Muffin
Yogurt
Fruit
Juice
Milk

16

Biscuit & Gravy
Sausage
Fruit
Juice
Milk

17

French Toast Sticks w/
Syrup Cup
Fruit
Juice
Milk

18

Cherry Frudel
Fruit
Juice
Milk

19

Scrambled Eggs
Bacon
Toast
Fruit
Juice & Milk

20

WG Donut
Yogurt
Fruit
Juice & Milk

23

Sausage & Biscuit
Fruit
Juice
Milk

24

NO SCHOOL HAPPY THANKSGIVING

25

26

27

Goody Bun
Yogurt
Fruit
Juice and Milk

30

Choice of Cereal
Daily



School Information:

USDA IS AN EQUAL OPPORTUNITY PROVIDER. EMPLOYER AND LENDER
Menu subject to change.

NOVEMBER 2026