

# SCAP

## BREAKFAST/SNACK CALENDAR

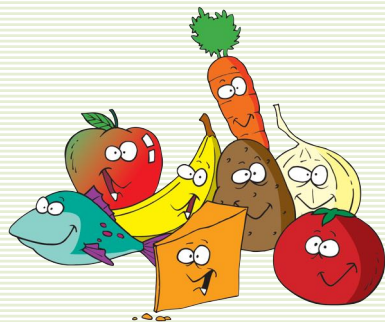
### NOVEMBER 2018

Whole/1% Milk Served

100% Fruit Juice Served

Granola – homemade –  
oats, Rice Krispy Cereal,  
Honey, less than 6 grams,  
sugar per serving

Pumpkin Dip – Cream  
Cheese with Pumpkin,  
Cinnamon



			<b>1</b> <b>BREAKFAST:</b> -Corn Flake Cereal -Milk -Fruit  <b>PM SNACK:</b> - Sliced Cucumbers - Ranch Dip	<b>2</b> <b>BREAKFAST:</b> -Bagel -Cream Cheese -Fruit Preserves  <b>PM SNACK:</b> - Rice Cakes - 100% Apple Juice
<b>5</b> <b>BREAKFAST:</b> -Crispy O's Cereal -Milk - Apple Slices  <b>PM SNACK:</b> -Animal Crackers - 100% Apple Juice	<b>6</b> <b>BREAKFAST:</b> - Whole Grain Cheese Scones - Milk - Banana  <b>PM SNACK:</b> - Sliced Cucumbers - Ranch Dip	<b>7</b> <b>BREAKFAST:</b> - Yogurt -Granola -Fruit  <b>PM SNACK:</b> - Cheesy Crackers - 100% Apple Juice	<b>8</b> <b>BREAKFAST:</b> - Zucchini Bread - Milk - Banana  <b>PM SNACK:</b> - Pretzel Sticks - Pumpkin Dip	<b>9</b> <b>BREAKFAST:</b> -Bagel -Cream Cheese -Fruit Preserves  <b>PM SNACK:</b> - Hummus - Pita
<b>12</b> <b>BREAKFAST:</b> - Crispy Rice Cereal - Milk - Apple Slices  <b>PM SNACK:</b> -Animal Crackers - 100% Apple Juice	<b>13</b> <b>BREAKFAST:</b> - Blueberry Bread - Milk - Banana  <b>PM SNACK:</b> -Cheese -Crackers	<b>14</b> <b>BREAKFAST:</b> - Yogurt -Granola -Fruit  <b>PM SNACK:</b> -Graham Crackers -Applesauce	<b>15</b> <b>BREAKFAST:</b> -Crispy O's Cereal -Granola -Fruit  <b>PM SNACK:</b> - Sliced Cucumbers - Ranch Dip	<b>16</b> <b>BREAKFAST:</b> -Bagel -Cream Cheese -Fruit Preserves  <b>PM SNACK:</b> - Rice Cakes - 100% Apple Juice
<b>19</b> <b>BREAKFAST:</b> -Cornflakes - Milk - Apple Slices  <b>PM SNACK:</b> -Animal Crackers - 100% Apple Juice	<b>20</b> <b>BREAKFAST:</b> -Pumpkin Bread - Milk - Orange Slices  <b>PM SNACK:</b> -Trail Mix -Applesauce	<b>21</b> <b>BREAKFAST:</b> -Yogurt -Granola -Fruit  <b>PM SNACK:</b> - Goldfish - 100% Grape Juice	<b>22</b>  <b>Happy Thanksgiving!</b>	<b>23</b>  No meal service
<b>26</b> <b>BREAKFAST:</b> -Crispy Rice Cereal - Milk - Apple Slices  <b>PM SNACK:</b> -Animal Crackers - 100% Apple Juice	<b>27</b> <b>BREAKFAST:</b> -Apple Bread - Milk - Orange Slices  <b>PM SNACK:</b> -Graham Crackers -Applesauce	<b>28</b> <b>BREAKFAST:</b> -Yogurt -Granola -Fruit  <b>PM SNACK:</b> - Pretzel Sticks - Pumpkin Dip	<b>29</b> <b>BREAKFAST:</b> -Crispy O's Cereal -Milk -Fruit  <b>PM SNACK:</b> - Sliced Cucumbers - Ranch Dip	<b>30</b> <b>BREAKFAST:</b> -Bagel -Cream Cheese -Fruit Preserves  <b>PM SNACK:</b> - Rice Cakes - 100% Apple Juice