

# NOVEMBER 2023

## Vinalhaven School

### BREAKFAST



#### School Information:

No School: 11/10

Thanksgiving Break: 11/22-11/24



**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.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



1  
Yogurt Parfait

2  
Bagels

3  
Cereal

6  
Cereal

7  
Yogurt Parfait

8  
Breakfast Sandwiches

9  
Cereal

10  
No School

13  
Cereal

14  
Bagels

15  
Breakfast Sandwiches

16  
Yogurt Parfaits

17  
Cereal

20  
Cereal

21  
Muffins

22  
No School

23  
Thanksgiving  
No School

24  
No School

27  
Cereal

28  
Bagels

29  
Yogurt Parfaits

30  
Breakfast Sandwiches