

A selection of fruit & milk available with meals.  
Check school website [uplifteducation.org](http://uplifteducation.org) for additional information and updates. All our products are whole grain, nut-free & pork free

# NOVEMBER 2022

## Breakfast Veggie

Breakfast: FREE  
Lunch:  
Free & Reduced: Free  
Paid: \$2.95  
Menu Subject To Change

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Breakfast:**

**1**

Maple Mini Waffles  
Or  
Cereal

**Breakfast:**

**2**

Blueberry Muffin  
Or  
Cereal

**Breakfast:**

**3**

Cereal

**Breakfast:**

**4**

Cheese Kolache  
Or  
Cereal

**Breakfast:**

**7**

Cinnamon Roll  
Or  
Cereal

**Breakfast:**

**8**

Biscuits, Veggie Sausage,  
Egg & Gravy  
Or  
Cereal

**Breakfast:**

**9**

Honey Bun  
Or  
Cereal

**Breakfast:**

**10**

Emoji Waffle Sandwich  
Or  
Cereal

**Breakfast:**

**11**

Cereal

**Breakfast:**

**14**

Egg & Cheese Croissant  
Or  
Cereal

**Breakfast:**

**15**

Maple Mini Waffles  
Or  
Cereal

**Breakfast:**

**16**

Banana Loaf  
Or  
Cereal

**Breakfast:**

**17**

Frudel  
Or  
Cereal

**Breakfast:**

**18**

Honey Bun  
Or  
Cereal

... ALWAYS ...  
GIVE  
**THANKS**  
... IN ...  
**EVERYTHING**  
... HAPPY ...  
**THANKSGIVING**



... ALWAYS ...  
GIVE  
**THANKS**  
... IN ...  
**EVERYTHING**  
... HAPPY ...  
**THANKSGIVING**

**Breakfast:**

**28**

Cinnamon Roll  
Or  
Cereal

**Breakfast:**

**29**

Biscuits, Veggie Sausage  
Egg & Gravy  
Or  
Cereal

**Breakfast:**

**30**

Honey Bun  
Or  
Cereal

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