


Darrell Lynn Hines Academy



November 2022

Meals prepared by MCFI K-12 Cold Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 WG Animal Crackers Creamy Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	2 WG Blueberry Muffin Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	3 WG Corn Chex WG Graham Cracker 100% Fruit Juice Seasonal Fruit Choice of Milk	4 WG Vanilla Bear Graham Strawberry Banana Yogurt 100% Fruit Juice Seasonal Fruit Choice of Milk
7 WG Cinnamon Toast Crunch Filled Bread 100% Fruit Juice Seasonal Fruit Choice of Milk	8 WG Apple Cinnamon Muffin Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	9 WG Honey Bunches of Oats WG Maple Waffle Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	10 WG Banana Chocolate Chip Granola Round 100% Fruit Juice Seasonal Fruit Choice of Milk	11 WG Multigrain Cheerios Spicy Sunflower Seeds 100% Fruit Juice Seasonal Fruit Choice of Milk
14 WG Banana Breakfast Bread 100% Fruit Juice Seasonal Fruit Choice of Milk	15 WG Triple Dunker Bar 100% Fruit Juice Seasonal Fruit Choice of Milk	16 WG Cinnamon Crunchmania 100% Fruit Juice Seasonal Fruit Choice of Milk	17 WG Vanilla Bear Graham Cinnamon Apple Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	18 WG Multigrain Frosted Flakes Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk
21 WG Frosted Mini Wheats Vanilla Bear Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	22 WG Chocolate Bear Graham Creamy Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk	23 NO SCHOOL CLOSED FOR THANKSGIVING BREAK	24  Happy Thanksgiving NO SCHOOL DUE TO THANKSGIVING	25 NO SCHOOL CLOSED FOR THANKSGIVING BREAK
28 WG Strawberry Waffle Graham Hard-Boiled Egg or Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	29 WG Cinnamon Filled Mini Bagel 100% Fruit Juice Seasonal Fruit Choice of Milk	30 WG Vanilla Honey Bunches of Oats WG Cinnamon Gripz 100% Fruit Juice Seasonal Fruit Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE	