



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

MONDAY



WG Pancakes 1 pkg
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

TUESDAY



WG Assorted Cereal 3/4c
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WEDNESDAY



WG Assorted Muffin 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

THURSDAY

WG = Whole Grain
1 percent milk provided daily.

FRIDAY

This is an equal opportunity provider.

WG Apple Frudel 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup, Milk 4 oz, 8 FL

WG Blueberry Bagel 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Assorted Cereal 3/4c
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Pancakes 1 pkg
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Assorted Muffin 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Assorted Cereal 3/4c
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Assorted Muffin 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Mini Cinni Roll 1 Ea.
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Blueberry Bagel 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Apple Frudel 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Pancakes 1 pkg
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Apple Frudel 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL



St. John's Lutheran School

NOVEMBER 2025