

BREAKFAST

Breakfast Cereal or Breakfast Bar
Available Everyday

NOVEMBER BREAKFAST 2025

St. Croix Falls School District
Menu subject to change due to availability

This institution is an
equal
opportunity
provider.

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast is served with 1\2 cup apple slices or oranges
with 4 oz assorted juices and 8 oz 1% white or skim chocolate

Apple Frudel **3**
or
HS English Muffin
Cream cheese spread

K8- Mini Cini **4**
or
HS Cinnamon
Bun or Roll

K8 Breakfast **5**
Pizza
or
HS Chocolate Filled
Crescent Roll

K8 Apple **6**
Cinnamon
Muffin
or
HS Cherry Strudel

**TEACHER
INSERVICE
NO SCHOOL** **7**

Mini Cini **10**
or
HS Fruit & Yogurt
Parfait with Granola

K8 Yogurt **11**
or Cereal
or
HS Breakfast
Pizza

K8 Banana **12**
Muffin
or
HS Mini Strawberry
Creamy Cheese Bagel

K8 Cherry Frudel **13**
Or
HS Ultimate
Breakfast Round

K8 Breakfast **14**
Pizza
or
HS Chocolate
Chip Muffin

Maple Chip Mini **17**
Waffles with Syrup
or
HS Cinnamon
Swirl Roll

K8 Cosmic **18**
Waffle
Grade 4 Breakfast with Parents
or
HS Chocolate Filled
Crescent Roll

K8 Breakfast **19**
Pizza
or
HS French Toast
& Syrup

K8 Pumpkin **20**
Bread
or
HS Apple Frudel

K8 Yogurt **21**
or Cereal
or
Powdered Sugar
Mini Donuts

K8 Ultimate **24**
Breakfast Round
or
HS Breakfast
Pizza

K8 Blueberry **25**
Muffin
or
HS Blueberries & Yogurt
Parfait with Granola

NO SCHOOL **26**

**Happy
Thanksgiving** **27**

NO SCHOOL **28**

Did you Know? GRADES K-8TH Breakfast meal: Allowed 400-600 calories. Must have less than 10 grams of fat. Must have less than 540 mg of salt.

The Elementary School MUST offer daily 1 cup of fruit, 1-2 oz of whole grains or meat or meat alternates, for a total of 8 each week & 8 oz of milk daily!

Did you know? Grades 9- 12 Breakfast meal: Allowed 450-600 calories. Must have less than 10 grams of fat. Must have less than 640 mg of salt

The High School MUST offer daily 1 cup of fruit, 1-2 oz of whole grains or meat or meat alternates, for a total of 9 each week & 8 oz of milk daily