

2024

NOVEMBER

B.I.C. 2

Boyd, Casey, Henry, Kelley, Kordyak, Morgan, Myers, Simpson, Trapp

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Vitamin K

Nutrition - Supports proper blood function, bone growth & kidney health.

Supports heart health.



Vitamin K helps the body heal from cuts & wounds.

1

Pink Concha
Sliced Apples

4

Oatmeal Chocolate Chip Bar
Craisins

5

Fresh Baked Cinnamon Roll
Grapes

6

Ultimate Breakfast Round
Bananas

7

Mini Confetti Pancakes
Apple Juice

8

White Concha
Sliced Apples



12

Egg & Cheese Breakfast Sandwich
Grapes

13

Super Donut
Apple-Strawberry
Crisps

14

Honey Scooters
Orange Juice

15

Chunky Monkey Bar
Sliced Apples

18

Chocolate Muffin
Craisins

19

Mini Cinni's
Grapes

20

Breakfast Cluster
Bananas

21

Fun N' Fruti Waffle
Apple Juice

22

Homemade Banana Bread
Sliced Apples



Happy Fall Break!

