

2024

# NOVEMBER

## B.I.C. 1

Bemis, Curtis, Dollahan, Dunn, Fitzgerald, Garcia, Hughbanks, Morris, Preston, Werner

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

**Fresh Baked Cinnamon Roll**  
Craisins

5

**Oatmeal Chocolate Chip Bar**  
Grapes

6

**Mini Confetti Pancakes**  
Bananas

7

**Ultimate Breakfast Round**  
Apple Juice

8

**White Concha**  
Sliced Apples



12

**French Toast Bar**  
Grapes

13

**Breakfast Cluster**  
Apple-Strawberry  
Crisps

14

**Honey Scooters**  
Orange Juice

15

**Chunky Monkey Bar**  
Sliced Apples

18

**Mini Cinni's**  
Craisins

19

**Chocolate Muffin**  
Grapes

20

**Fun N' Fruti Waffle**  
Bananas

21

**Super Donut**  
Apple Juice

22

**Homemade Banana Bread**  
Sliced Apples



*Happy Fall Break!*

