November Breakfasts

S	M	T	W	T	F	S
1 Frittata	2 Yogurt Parfait	3 Chia Pudding	4 Green Smoothie	5 Greek Yogurt & Fruit	6 Oatmeal & Maple Syrup	7 Breakfast Tacos
8 Pancakes	9 Granola & Yogurt	10 Tropical Smoothie	11 Cereal & Milk	12 Yogurt Parfait	13 Breakfast Wrap or Sandwich	14 Apple Slices & Nut Butter
15 Toast with DIY Toppings	16 Croissant & Fruit	17 Avocado Toast	18 Omelet	19 Yogurt Parfait	20 Coffee Smoothie	21 Eggs in Yogurt & Chili Butter
22 Tropical Oatmeal	23 Chia Pudding	24 Toast with Butter & Jam	25 Banana & Nut Butter	26 Yogurt & Fruit	27 Green Smoothie	28 Frittata
29 Crepes	30 Bagel with DIY Toppings	1	2	3 	4	5 O&H Ordinary & Happy