

Month of: November 2026

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Friday	3	Monday	4	Tuesday	5		6	
B:	--, Kix-WGR(WG), --, Blueberries, Milk	B:	--, Rice Chex-WGR (1oz/1c)(WG), --, Pineapple, Milk	B:	--, Cheerios- Multi Grain (1oz eq/1c) (WG), --, Blueberries, Milk	B:	Chicken (Dried/Jerky), White Bread-Whole Grain(WG), Mixed Vegetables, Bananas, Milk	B:	--, Cheerios- Multi Grain (1oz eq/1c)(WG), --, Mixed Fruit, Milk
Friday		Tuesday		Tuesday					
A:	Cheese Stick (100% Cheese), --, --, Apples, --	A:	Beef Ground, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Salsa, --, Milk	A:	String Cheese (100% cheese), --, --, Bananas, --	A:	--, Graham Crackers-WG (1oz eq/28gm)(WG), --, Bananas, Milk	A:	--, --, Carrots, --, Milk
L:	Chicken Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Peas and Carrots, Applesauce, Milk	L:	Beef Ground, Tortilla Chips - WGR (1 oz/28g)(WG), Garden Salad, Oranges / Tangerines / Tangelos, Milk Taco Salad	L:	Chicken Breasts, Rolls-100% Whole Wheat(WG), Mashed Potatoes (100% potatoes), Mixed Fruit, Milk Pesto Chicken Bowls	L:	BBQ - Chicken, White Bread-Whole Grain(WG), Chickpeas/Hummus, Mashed Potatoes (100% potatoes), Milk	L:	Beef Ground, Tortilla Chips - WGR (1 oz/28g)(WG), Kidney / Red Beans, Lettuce And Tomato, Milk
P:	Cheddar Cheese, Goldfish-WG (1oz eq/22g)(WG), --, --, --	P:	--, Animal Crackers (1oz eq/28g)(WG), --, Applesauce, --	P:	Cheddar Cheese, Gold Fish WG (1oz eq/28 gm/1c)(WG), --, --, --	P:	Cheddar Cheese, --, Tomatoes Fresh, Stewed, --, Milk	P:	Cheddar Cheese, Gold Fish WG (1oz eq/28 gm/1c)(WG), --, --, --, Milk
D:	Seed/Nut Butter (3 Tbls minimum for meals), Bread - 100% Whole Wheat(WG), Carrots, fresh, Mixed Fruit, Milk	D:	Egg Salad, Bread - Whole Grain (WG)(WG), Green Beans, Bananas, Milk	D:	Chicken, Breast Meat, Club Crackers (1oz eq/22gm), Garden Salad, Mixed Fruit, Milk	D:	Wow Butter (peanut free) (3 Tbls minimum for meals), Bread 100% Whole Wheat (1oz eq/28gm)(WG), Carrots, Applesauce, Milk	D:	Turkey Lunchmeat, Bread 100% Whole Wheat (1oz eq/28gm)(WG), Broccoli, Fruit Cocktail (no syrup), Milk
9		10		11		12		13	
B:	--, Cheerios-Multi Grain(WG), --, Bananas, Milk	B:	--, Shredded Wheat/Frosted-Bite Size, --, Applesauce, Milk	B:	--, Corn Puffs Cereal (NOT Corn Pops - low/no sugar) 1oz/1c, --, Bananas, Milk	B:	--, Kix (Berry) - WG(WG), --, Blueberries, Milk	B:	--, Crispix(WG), --, Pineapple, Milk
A:	--, --, --, Tropical Fruit, Milk	A:	--, Keebler Whole Wheat Crackers (WG)(WG), --, Applesauce, Milk	A:	Wow Butter (peanut free) (3 Tbls minimum for meals), --, Celery, --, Milk	A:	String Cheese (100% cheese), --, --, Apples, Milk	A:	--, --, --, Bananas, Milk
L:	Chicken Breasts, Pasta Misc (WG)(WG), Broccoli, Mixed Fruit, Milk	L:	Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Apples, Milk	L:	Chicken Nuggets, White Bread-Whole Grain(WG), Garden Salad, Fruit Salad, Milk	L:	Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Peas, Pineapple, Milk	L:	Beef Ground, Corn Tortillas (1oz eq/28gm)(WG), Mixed Vegetables, Bananas, Milk
P:	--, Goldfish-WG (1oz eq/22g)(WG), --, Bananas, Milk	P:	--, --, --, Apples, Milk	P:	--, Cheerios-WGR (1oz/1c)(WG), --, Oranges / Tangerines / Tangelos, Milk	P:	--, Goldfish-WG (1oz eq/22g)(WG), --, --, --, Milk	P:	--, Graham Crackers, --, --, --, Milk
D:	Egg Salad, Bread - Whole Grain (WG)(WG), Greens, Peaches / Nectarines, Milk	D:	Turkey Lunchmeat, Bread - 100% Whole Wheat(WG), Carrots, Apples, Milk	D:	Tuna Salad, Bread 100% Whole Wheat (1oz eq/28gm)(WG), Beans - Vegetarian, Applesauce, Milk	D:	Egg Salad, Bread 100% Whole Wheat (1oz eq/28gm)(WG), Beans - Vegetarian, Bananas, Milk	D:	Turkey Breast, White Bread-Whole Grain(WG), Carrots, fresh, Applesauce, Milk

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16	B: --, Cheerios-WGR (1oz eq/1c) (WG), --, Pineapple, Milk	17	B: --, Kix (Berry) - WG(WG), --, Oranges / Tangerines / Tangelos, Milk	18	B: --, Cheerios- Multi Grain (1oz eq/1c) (WG), --, Pineapple, Milk	19	B: --, Life (WG)(WG), --, Bananas, Milk	20	B: --, Cheerios-WGR (1oz eq/1c) (WG), --, Mixed Fruit, Milk
A: --, --, Carrots, fresh, Pineapple, Milk		A: --, --, --, Oranges / Tangerines / Tangelos, Milk		A: --, --, --, Tropical Fruit, Milk		A: --, Graham Crackers, --, Bananas, --		A: --, Biscuits 100% Ww(1oz eq/28g) (WG), Carrots, fresh, --, Milk	
L: Cheddar Cheese, Macaroni Noodles (1oz eq/28g)(WG), Beans - Vegetarian, Oranges / Tangerines / Tangelos, Milk		L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Beans - Vegetarian, Mixed Fruit, Milk		L: Wow Butter (peanut free) (3 Tbls minimum for meals), Toast-WG (1oz/28g) (WG), Carrots, fresh, Mixed Fruit, Milk		L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Peas, Pineapple, Milk		L: Beef Ground, Taco Shell WG (1oz eq/28g)(WG), Kidney / Red Beans, Applesauce, Milk	
P: Cheese Stick (100% Cheese), Wheat Crackers(WG), --, --, Milk		P: Cheddar Cheese, Ritz Crackers-WG (1oz eq/22gm)(WG), --, --, Milk		P: Cheese Stick (100% Cheese), Ritz Crackers-WG (1oz eq/22gm)(WG), --, Applesauce, Milk		P: Cheese Stick (100% Cheese), --, Tomatoes Fresh, Stewed, --, Milk		P: Cheese Stick (100% Cheese), Goldfish-WG (1oz eq/22g)(WG), --, --, Milk	
D: Chicken Salad, Wheat Bread (1oz/28g)(WG), Peas, Pineapple, Milk		D: Turkey Breast, Bread, Slice (1oz eq/28g)(WG), Carrots, fresh, Apples, Milk		D: Egg Salad, Bread - Whole Grain (WG)(WG), Butter Beans, Apples, Milk		D: Wow Butter (peanut free) (3 Tbls minimum for meals), Bread 100% Whole Wheat (1oz eq/28gm)(WG), Carrots, fresh, Tomatoes Fresh, Stewed, Milk		D: Turkey Lunchmeat, Rolls - Wheat(WG), Mixed Vegetables, Oranges / Tangerines / Tangelos, Milk	
23	B: --, Cinnamon Toast Crunch (25% less sugar only) - WG (1oz/28g)(WG), --, Bananas, Milk	24	B: --, Cheerios- Multi Grain (1oz eq/1c) (WG), --, Blueberries, Milk	25	B: --, Kix (Berry) - WG(WG), --, Oranges / Tangerines / Tangelos, Milk	26	B: --, Cheerios-WGR (1oz eq/1c)(WG), --, Pineapple, Milk	27	B: --, Cheerios-Multi Grain(WG), --, Bananas, Milk
A: --, Muffins-WG low sugar (1oz/55g)(WG), --, Tropical Fruit, Milk		A: String Cheese (100% cheese), --, --, Bananas, Milk		A: --, --, --, Oranges / Tangerines / Tangelos, Milk		A: --, --, Carrots, fresh, Pineapple, Milk		A: --, Graham Crackers-WG (1oz eq/28gm)(WG), --, Bananas, Milk	
L: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Carrots, fresh, Applesauce, Milk		L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Mixed Fruit, Milk		L: Breaded Chicken Patty- (CN)- Texas, Rolls-100% Whole Wheat(WG), Mixed Vegetables, Mixed Fruit, Milk		L: Cheddar Cheese, Macaroni Noodles (1oz eq/28g)(WG), Beans - Vegetarian, Oranges / Tangerines / Tangelos, Milk		L: Beef Ground, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Beans - Vegetarian, Lettuce And Tomato, Milk	
P: Breaded Chicken Breast Patty-Strips (CN)- Texas, Brown Rice, WG (1oz/28g)(WG), Beets, Apples, Milk		P: Cheese Stick (100% Cheese), Goldfish - Cinnamon (WG)(WG), --, --, Milk		P: Cheddar Cheese, Wheat Crackers, --, --, Milk		P: Cheese Stick (100% Cheese), Wheat Crackers(WG), --, --, Milk		P: --, Triscuits(WG), --, --, Milk	
D: Egg Salad, Wheat Crackers (WG/1oz eq/22gm)(WG), Green Beans, Applesauce, Milk		D: Tuna Salad, Bread - 100% Whole Wheat(WG), Butter Beans, Applesauce, Milk		D: Hamburger Patty, Buns - Wheat (1oz/28g), Bean Sprouts, Peaches / Nectarines, Milk		D: Chicken Salad, Wheat Bread (1oz/28g)(WG), Peas, Pineapple, Milk		D: Egg Salad, Toast WG(1oz eq/28gm) (WG), Beans - Vegetarian, Applesauce, Milk	

Monday	Tuesday	Wednesday	Thursday	Friday
30 B: --, Life (WG)(WG), --, Bananas, Milk A: --, All-Sports Bites Grahams(WG), --, Bananas, Milk L: Beef Ground, Spaghetti - WG (1oz eq/28g/1/2c)(WG), Garden Salad, Fruit Salad, Milk P: Cheese Stick (100% Cheese), --, Tomatoes Fresh, Stewed, --, Milk D: Wow Butter (peanut free) (3 Tbls minimum for meals), Wheat Bread (1oz/28g)(WG), Tomatoes Fresh, Stewed, Carrots, fresh, Milk				