Updated

Early Learning Center
Month: November 2026

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu Item	1-2 age	3-5 age	6-12 age	November 2 Monday	November 3 Tuesday	November 4 Wednesday	November 5 Thursday	November 6 Friday
Breakfast	**Milk**	½ cup	¾ cup	1 cup	**Milk**	**CLOSED**	**Milk**	**Milk**	**Milk**
	Fruit Vegetable	¼ cup	½ cup	½ cup	**Mandarin Oranges**		**Pineapple**	**Blueberries**	**Applesauce**
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	-½ s or ½ serv (1/2 oz)	-1s or 1 serv (1 oz)	**Kix Cereal**		**Cheerios Cereal**	**Rice Chex Cereal**	**Whole Grain French Toast Sticks**
	Add. Food option								
Lunch	**Milk**	½ cup	¾ cup	1 cup	**Milk**		**Milk**	**Milk**	**Milk**
	Vegetable	1/8 cup	1/4 cup	1/2 cup	**Carrots**		**Stewed Tomatoes**	**Corn**	**Peas**
	Fruit	1/8 cup	¼ cup	1/4 cup	**Mixed Fruit**		**Apple Slices**	**Peaches**	**Bananas**
	Meat/ alternative	1 oz	1 ½ oz	2 oz	**Sliced Turkey**	**CLOSED**	**Macaroni and Cheese (whole grain macaroni, cheddar cheese, milk) HM**	**Turkey Burger**	**Chicken Salad (Chicken, light mayo, dill) HM**
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	**Whole Wheat Bread**		**Whole Grain Macaroni**	**Whole Wheat Hamburger Bun**	**Whole Grain Bread**
	Add. Food option				**Mustard**			**Ketchup**	
Snack	**Fluid**	½ cup	½ cup	1 cup	**Apple Juice**	**CLOSED**	**Water**	**Milk**	**Orange Juice**
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	**Whole Grain Bean and Veggie Crackers**		**Flat Bread and Mozzarella Cheese Sticks**	**Cheez-it Crackers**	**Cinnamon Graham Cracker Bites**

Revised October 2026

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	Menu Item	1-2 age	3-5 age	6-12 age	November 9 Monday	November 10 Tuesday	November 11 Wednesday	November 12 Thursday	November 13 Friday
Breakfast	**Milk**	½ cup	¾ cup	1 cup	**Milk**	**Milk**	**Milk**	**Milk**	**Milk**
	Fruit Vegetable	¼ cup	½ cup	½ cup	**Blueberries**	**Apple Slices**	**Mango**	**Orange Slices**	**Bananas**
	Grains (oz eq)	½ s or serving (1/2 oz)	½ s or ½ serving (½ oz)	-1s or 1 serving (1 oz)	**Corn Chex Cereal**	**Whole Grain Croissants**	**Life Cereal**	**Corn Flakes Cereal**	**Rice Chex Cereal**
	Add. Food option					**Butter**			
Lunch	**Milk**	½ cup	¾ cup	1 cup	**Milk**	**Milk**	**Milk**	**Milk**	**Milk**
	Vegetable	1/8 cup	1/4 cup	1/2 cup	**Mashed Potatoes**	**Lima Beans**	**Diced Carrots**	**Stewed Tomatoes**	**Zucchini**
	Fruit	1/8 cup	¼ cup	¼ cup	**Mandarin Oranges**	**Peaches**	**Pineapple**	**Mixed Fruit**	**Pears**
	Meat/ alternative	1 oz	1 ½ oz	2 oz	**Diced Chicken and Gravy**	**Turkey Sausage Patty Melt (turkey sausage, whole grain English muffin, cheddar cheese) HM**	**Sweet and Sour Chicken (Diced Chicken, Sweet and Sour Sauce) HM**	**Grilled Cheese (Whole Wheat Bread, Sliced Cheddar Cheese) HM**	**Tuna Salad (tuna, mayo, dill) HM**
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	**Whole Grain Dinner Roll**	**Whole Grain English Muffin**	**Whole Grain Slider Roll**	**Whole Wheat Bread**	**Whole Wheat Pita**
	Add. Food option								
Snack	**Fluid**	½ cup	½ cup	1 cup	**Water**	**Milk**	**Water**	**Apple Juice**	**Milk**
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	**Townhouse crackers and Soy Nut Butter**	**Apple Cinnamon Whole Grain Squares-HM**	**Wheat Thin Crackers and Cheddar Cheese Cubes**	**Whole Grain Cheddar Goldfish**	**Animal Crackers**

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	Menu Item	1-2 age	3-5 age	6-12 age	November 16 Monday	November 17 Tuesday	November 18 Wednesday	November 19 Thursday	November 20 Friday
Breakfast	**Milk**	½ cup	¾ cup	1 cup	**Milk**	**Milk**	**Milk**	**Milk**	**Milk**
	Fruit Vegetable	¼ cup	½ cup	½ cup	**Blueberries**	**Pears**	**Applesauce**	**Strawberries**	**Apple slices**
	Grains (oz eq)	½ s or serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)	**Rice Krispies Cereal**	**Kix Cereal**	**Whole Grain Waffle Sticks**	**Rice Chex Cereal**	**Cheerios Cereal**
	Add. Food option								
Lunch	**Milk**	½ cup	¾ cup	1 cup	**Milk**	**Milk**	**Milk**	**Milk**	**Milk**
	Vegetable	1/8 cup	1/4 cup	1/2 cup	**Cauliflower**	**Diced Potatoes (potatoes, olive oil, oregano)**	**Broccoli**	**Mixed Vegetables**	**Cucumber Slices**
	Fruit	1/8 cup	¼ cup	1/4 cup	**Mixed Fruit**	**Peaches**	**Pineapple**	**Mandarin Oranges**	**Bananas**
	Meat/ alternative	1 oz	1 ½ oz	2 oz	**Turkey Meatballs with Turkey Gravy**	**Beef Patty**	**Chicken Teriyaki (diced chicken, teriyaki sauce, broccoli) HM**	**BBQ Ground Turkey (ground turkey, ketchup, bbq sauce) HM**	**Sliced Turkey**
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	**Flat Bread**	**Whole Wheat Hamburger Bun**	**Whole Grain Slider Roll**	**Whole Grain Dinner Roll**	**Whole Wheat Bread**
	Add. Food option					**Ketchup**			**Mustard**
Snack	**Fluid**	½ cup	½ cup	1 cup	**Water**	**Milk**	**Orange Juice**	**Water**	**White Grape Juice**
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	**Pretzels and Sliced Cheddar Cheese Slices (infant/tod; soft Pretzels)**	**Graham Crackers**	**Multi-Grain Club Crackers**	**Saltine Crackers and Cheddar Cheese Cubes**	**Whole Grain Bean and Veggie Crackers**

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	Menu Item	1-2 age	3-5 age	6-12 age	November 23 Monday	November 24 Tuesday	November 25 Wednesday	November 26 Thursday	November 27 Friday
Breakfast	**Milk**	½ cup	¾ cup	1 cup					
	Fruit Vegetable	¼ cup	½ cup	½ cup	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**
	Grains (oz eq)	½ serv - ¼ cup or 1/3 oz -¼ cup	-½ s or ½ serv -1/3 cup or ½ oz - ¼ cup	-1s or 1 serv -3/4 cup or 1oz - ½ cup					
	Add. Food option								
Lunch	**Milk**	½ cup	¾ cup	1 cup					
	Vegetable	1/8 cup	1/4 cup						
	Fruit	1/8 cup	¼ cup	1/4 cup					
	Meat/ alternative	1 oz	1 ½ oz	2 oz	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv					
	Add. Food option								
Snack	**Fluid**	½ cup	½ cup	1 cup					
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**

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	Menu Item	1-2 age	3-5 age	6-12 age	November 30 Monday				
Breakfast	**Milk**	½ cup	¾ cup	1 cup	**Milk**				
	Fruit Vegetable	¼ cup	½ cup	½ cup	**Apple Slices**				
	Grains (oz eq)	½ serv - ¼ cup or 1/3 oz -¼ cup	-½ s or ½ serv -1/3 cup or ½ oz - ¼ cup	-1s or 1 serv -3/4 cup or 1oz - ½ cup	**Life Cereal**				
	Add. Food option								
Lunch	**Milk**	½ cup	¾ cup	1 cup	**Milk**				
	Vegetable	1/8 cup	1/4 cup		**Peas**				
	Fruit	1/8 cup	¼ cup	1/4 cup	**Peaches**				
	Meat/ alternative	1 oz	1 ½ oz	2 oz	**Scrambled Eggs**				
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	**Whole Wheat Tortilla**				
	Add. Food option								
Snack	**Fluid**	½ cup	½ cup	1 cup	**Orange Juice**				
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	**Whole Grain Soft Pretzels**				