

Breakfast

November 2025



WGR-Whole Grain Rich

WW - Whole Wheat

MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	3 French Toast Peaches Milk & Water	4 (WGR) Waffles Pineapple Chunks Milk & Water	5 (WGR) All Bran Wheat Cereal Banana Slices Milk & Water	6 (WGR) Chex Cereal Mandarin Oranges Milk & Water	7 Cream of Wheat Cereal Mandarin Oranges Milk & Water	8 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
9 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	10 (WGR) Oatmeal Apple Slices Milk & Water	11 Veterans Day School Closed	12 (MG) Cheerio Cereal Pear Slices Milk & Water	13 English Muffins Mandarin Oranges Milk & Water	14 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	15 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
16 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	17 French Toast Peaches Milk & Water	18 (WGR) Waffles Pineapple Chunks Milk & Water	19 (WGR) All Bran Wheat Cereal Banana Slices Milk & Water	20 (WGR) Chex Cereal Mandarin Oranges Milk & Water	21 Cream of Wheat Cereal Mandarin Oranges Milk & Water	22 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
23 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	24 (WGR) Oatmeal Apple Sauce Milk & Water	25 (WGR) Pancakes Pears Slices Milk & Water	26 (MG) Cheerio Cereal Pear Slices Milk & Water	27 Thanksgiving School Closed	28 Day After Thanksgiving School Closed	29 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
30 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup						Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup

Lunch

November 2025



WG – Whole Grain Rich

WW – Whole Wheat

MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	3 (WW) Fettuccini Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water	4 (WW) Chicken Noodle Stir Fry Steamed Broccoli Orange Slices Milk & Water	5 Crispy Chicken Burgers (WW) With Cheese Carrots Sticks Mandarin Milk & Water	6 (WW) Cheese & Bean Burritos Mexican Rice Mixed Vegetable Pineapple Chunks Milk & Water	7 Popcorn Chicken with BBQ Dipping Sauce Corn Kernels Garlic Bread Sliced Apples Milk & Water	8 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
9 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	10 Cheese Ravioli With Marinara Sauce Mixed Vegetables Peach Slices Milk & Water	11 Veterans Day School Closed	12 (WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water	13 Chicken Taquitos Mexican Rice With Corn Mixed Fruit Milk & Water	14 Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Water	15 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
16 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	17 (WW) Fettuccini Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water	18 Orange Chicken Fried Rice Broccoli Mandarin Oranges Milk & Water	19 Chicken Nuggets Mashed Potatoes Garlic Bread Peas Orange Slices Milk & Water	20 Chicken Flautas Spanish Rice Steamed Green Beans Peach Slices Milk & Water	21 Chicken Salad Sandwich Carrot Sticks With Ranch Banana Slices Milk & Water	22 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
23 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	24 (WW) Spaghetti with Meat Sauce Green Beans Sliced Apple Milk & Water	25 Teriyaki Chicken Steamed Rice Green Beans Mandarin Milk & Water	26 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water	27 Thanksgiving School Closed	28 Day After Thanksgiving School Closed	29 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
30 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup						Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein 1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup

AM & PM Snack

November 2025

WGR–Whole Grain Rich

WW–Whole Wheat

MG – Multi Grain



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	3 (WW) Ritz Crackers & Cheese Apple Slices String Cheese Milk & Water	4 Graham Crackers Orange Slices BelVita Biscuit Milk & Water	5 (WGR) Chex Mix Apple Sauce Watermelon Milk & Water	6 Vanilla Yogurt Peach Slices Animal Crackers Milk & Water	7 (WGR) Saltine Cracker Banana Cheez It Crackers Milk & Water	8 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving
9 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving	10 (WW) Wheat Crackers Apple Slices String Cheese Milk & Water	11 Veterans Day School Closed	12 (WGR) Mini Bagels With Cream Cheese Banana Watermelon Milk & Water	13 Blueberry Muffin Apple Sauce Animal Crackers Milk & Water	14 (WGR) Wheat Thins String Cheese Oranges Slices Milk & Water	15 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
16 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving	17 (WW) Ritz Crackers & Cheese Apple Slices String Cheese Milk & Water	18 Graham Crackers Orange Slices BelVita Biscuit Milk & Water	19 (WGR) Chex Mix Apple Sauce Watermelon Milk & Water	20 Vanilla Yogurt Peach Slices Animal Crackers Milk & Water	21 (WGR) Wheat Thins Banana Cheez It Crackers Milk & Water	22 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving
23 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving	24 (WW) Wheat Crackers Apple Slices String Cheese Milk & Water	25 (WGR) Wheat Thins & Cheese Cubes Orange Slices BelVita Biscuit Milk & Water	26 (WGR) Mini Bagels With Cream Cheese Banana Watermelon Milk & Water	27 Thanksgiving School Closed	28 Day After Thanksgiving School Closed	29 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
30 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup						Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup