

Weekly Menu

NOVEMBER 17 - 21 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Corn Chex Cereal Fresh Fruit, Milk	BREAKFAST French Toast, Fresh Fruit, Milk	BREAKFAST Special K, Fresh Fruit, Milk	BREAKFAST Breakfast casserole Toast, Milk	BREAKFAST Cinnamon Bread Sausage Plant based sausage Milk
LUNCH Turkey Burgers Veggie Burgers Sweet Potato Tots Fresh Fruit, Milk	LUNCH Meatballs Meatlessballs Whole Wheat Bread Cauliflower Fresh Fruit, Milk	LUNCH Baked Whole Grain Mac-n-Cheese Collard Greens Fresh Fruit, Milk	LUNCH Chicken Sandwich Chickn' Sandwich Whole Wheat Bread Peas and Carrots Fresh Fruit, Milk	LUNCH Roasted Turkey & Gravy Herb Roasted Potatoes Green Beans Cranberry Sauce Milk
SNACK String Cheese, Crackers Water	SNACK Animal Crackers Apple Sauce Water	SNACK Belvita Greek Vanilla Yogurt Water	SNACK Veggie Straws Fresh Fruit Water	SNACK CDC Trail Mix Mixed Fruit Water

* Highlighted words are plant based meatless options

PORTION SIZE GUIDELINES

Breakfast for ages 1-2: 4 oz fluid milk; 1/4 cup fruit; 1 oz protein; 1/2 slice, 1/4 cup dry, or 1/4 cup cooked grains

Breakfast for ages 3-5: 6 oz fluid milk; 1/2 cup fruit; 1.5 oz protein; 1/2 slice, 1/3 cup dry, or 1/4 cup cooked grains

Lunch for ages 1-2: 4 oz fluid milk; 1/8 cup vegetable; 1/8 cup fruit; 1 oz protein; 1/2 slice or 1/2 cup grains

Lunch for ages 3-5: 6 oz fluid milk; 1/4 cup vegetable; 1/4 cup fruit; 1.5 oz protein; 1/2 slice or 1/2 cup grains

Snack for all ages: 1/2 cup vegetable; 1/2 cup fruit; 1/2 oz protein; 1/2 slice or 1/2 cup grains