# Weekly Menu

## NOVEMBER 16 - 20 2026



Yates Baptist
CHILD DEVELOPMENT CENTER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **BREAKFAST**<br>Special K<br>Fresh Fruit, Milk<br><br>**LUNCH**<br>Turkey Cheese Wraps<br>Veggie Straws<br>Fresh Fruit, Milk<br><br>**SNACK**<br>Animal Crackers<br>Apple Sauce<br>Water | **BREAKFAST**<br>French Toast<br>Fresh Fruit, Milk<br><br>**LUNCH**<br>Pasta w/ Meat Sauce<br>Cauliflower<br>Fresh Fruit, Milk<br><br>**SNACK**<br>String Cheese<br>Crackers<br>Water | **BREAKFAST**<br>Grits<br>Fresh Fruit, Milk<br><br>**LUNCH**<br>Chicken Nuggets<br>Mixed Veggies, Roll<br>Fresh Fruit, Milk<br><br>**SNACK**<br>Belvita<br>Greek Vanilla Yogurt<br>Water | **BREAKFAST**<br>Cinnamon Bread<br>Fresh Fruit, Milk<br><br>**LUNCH**<br>Chicken Tortilla Soup<br>Fresh Fruit, Milk<br><br>**SNACK**<br>Veggie Straws<br>Fresh Fruit<br>Water | **BREAKFAST**<br>Biscuits<br>Sausage<br>Milk<br><br>**LUNCH**<br>Roasted Turkey<br>Mashed Potatoes & Gravy<br>Green Beans<br>Cranberry Sauce<br>Milk<br><br>**SNACK**<br>CDC Trail Mix<br>Mixed Fruit<br>Water |

*** Highlighted words have a 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