November 2026

CARE ACADEMY

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 B: Kix cereal, applesauce, milk L: Cheese quesadilla, w.w. bread, carrots w/ ranch, apples, milk S: Goldfish, raisins, water	3 B: Blueberry muffins, strawberries, milk L: Meatballs, black beans, mango, wheat crackers, milk S: Pretzels, turkey, water	4 B: Toast w/ peanut butter & honey, bananas, milk L: Melted turkey and cheese sandwich, pickles, blueberries, wheat crackers, milk S: Ritz crackers, applesauce, water	5 B: Cinnamon toast, bananas, milk L: Beans and franks, rice, oranges, w.w. bread, milk S: Peanut butter crackers, craisins, water	6 B: French toast, blueberries, milk L: Fish sticks, broccoli w/ ranch, grapes, w.w. bread, milk S: Teddy grahams, go-gurt, water	7
8	9 B: Cheerios, applesauce, milk L: PB&J sandwich (w.w. bread), carrots w/ ranch, bananas, goldfish, milk S: Cheese its, raisins, water	10 B: Buttermilk biscuits, apples, milk L: Pizza rolls ups (pizza sauce, cheese), celery w/ ranch, pineapples, wheat crackers, milk S: Club crackers, turkey, water	11 B: Bagels w/ butter, strawberries, milk L: Hotdog, cucumbers w/ ranch, blueberries, wheat crackers, milk S: Chex mix, applesauce, water	12 B: Croissants, bananas, milk L: Chicken alfredo, broccoli, oranges, w.w. bread, milk S: Ritz crackers, cheese sticks, water	13 B: Waffles, blueberries, milk L: Chicken nuggets, corn, grapes, w.w. bread, milk S: Graham crackers, flavored applesauce, water	14
15	16 B: Rice krispies cereal, craisins, milk L: Grilled cheese sandwich (w.w. bread), tomato soup, apples, pretzels, milk S: Club crackers, turkey, water	17 B: Blueberry muffins, bananas, milk L: Turkey and cheese pinwheels (ww. bread), cucumbers, pears, goldfish, milk S: Ritz toasted crackers, raisins, water	18 B: Oatmeal, apples, milk L: Beef stroganoff (noodles & meatballs), green beans, peaches, w.w. bread, milk S: Cheese its, flavored applesauce, water	19 B: Yogurt, strawberries, milk L: Rolled taco (cheese, refried beans), corn, oranges, wheat crackers, milk S: Cheese crackers, craisins, water	20 B: Pancakes, kiwi, milk L: Chicken tenders, broccoli w/ ranch, blueberries, w.w. bread, milk S: Animal crackers, go-gurt, water	21
22	23 B: Cheerios, applesauce, milk L: Ramen noodles, turkey, green beans, peaches, wheat crackers, milk S: Pretzels, cheese sticks, water	24 B: Waffles, strawberries, milk L: Chicken nuggets, cucumbers, oranges, w.w. bread, milk S: Teddy grahams, dried mango, water	25 CLOSED for the Holiday	26	27	28
29	30 B: Chex cereal, applesauce, milk L: Ham & cheese sandwich (w.w. bread), carrots w/ ranch, pears, wheat crackers, milk S: Cheese its, dried pineapples, water	Dec 1 B: Blueberry muffins, bananas, milk L: Spaghetti (ground turkey), peas, apples, w.w. bread, milk S: Peanut butter crackers, dried mango, water	Dec 2 B: Yogurt, blueberries, milk L: Baked chicken, rice, green beans, peaches, wheat crackers, milk S: Caramel rice cakes, applesauce, water	29 *Unflavored whole milk, unflavored 1% milk, unflavored skim milk, whole wheat grains* *Vegetables are offered daily at snack time* *All meals are subject to change due to product availability*	30	