November Menu

Child & Family Centers of Excellence - National Centers for Learning Excellence

Lunch Menu
2026-2027







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ riblet WG corn fritter Baked beans vegetarian Fruit & 1% Milk	**3** Multigrain tortilla shell Chicken taco shredded lettuce, cheese, diced tomato salsa, Fruit & 1% Milk	**4** Baked breaded pork chop Mashed sweet potatoes Enriched rye Fruit & 1% Milk	**5** Sous vide chicken breast Enriched Spanish rice on side Garden salad w/ dressing Fruit & 1% Milk	**6** Beef and bean chili w/ cheese Bread stick or Fritos Fresh fruit salad 1% Milk
9 Beef and bean cheese WG burrito Roasted Mexican corn in sauce Fruit & 1% Milk	**10** BBQ fire braised chicken breast enriched long grain garden rice Peas Fruit & 1% Milk	**11** WG cheese ravioli in marinara w/parmesan Capri vegetable blend Fruit & 1% Milk	**12** Seasoned baked fish w/tartar Broccoli WG cheese breadstick Fruit & 1% Milk	**13** WG pita pockets /wraps Grilled /breaded chicken strips, shredded lettuce, cheese sliced, tomatoes and mayo Assorted fruit & 1% Milk
16 WG tostitos chips or tortilla shell Nachos w/ seasoned beef, shredded cheese, lettuce, diced tomato and salsa Fruit & 1% Milk	**17** Chicken tender w/ sauce Rice pilaf enriched Broccoli Fruit & 1% Milk	**18** Italian chicken strips w/ WG macaroni and cheese Raw vegetable /ranch Fruit & 1% Milk	**19** Meatball marinara WG mini sub w/mozzarella cheese California vegetables Fruit & 1% Milk	**20** WG Bread/bun, Sliced turkey, sliced cheese lettuce, tomate, mayo HM soup chicken or beef vegetable, Pasta-rice vegetable, vegetarian w/barley Fruit & 1% Milk
23 Meatballs /meatloaf in gravy Rivera vegetables Enriched brown chicken flavored rice Fruit & 1% Milk	**24** Chicken parmesan WG pasta in marinara sauce Parmesan cheese Romaine salad/dressings Fruit & 1% Milk	**25** Roast beef in gravy WG dinner roll Steamed carrots Fruit & 1% Milk	**26** **Center Closed** *Happy Thanksgiving*	**27** **Center Closed**
30 Fish bite taco, shredded cheese Healthy slaw mix w/dressing Multigrain tortilla shell Fruit & 1% Milk	**1** Tempura or boneless wings chicken Au gratin potatoes Pickle spears WG bread stick Fruit & 1% Milk	**2** Sloppy joes WG sliced slammer bun Green beans Fruit & 1% Milk	**3** Chicken thigh in gravy Enriched long grain and wild rice Spring salad w/ dressings Fruit & 1% Milk	**4** Hot /cold ham and sliced cheese WW roll/ croissant Pickles, mayo, mustard cauliflower w/cheese Assorted fruit & 1% Milk

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Breakfast Menu
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MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY Snack Time	FRIDAY
2 WG waffles yogurt Syrup Fruit & 1% Milk ..... String cheese WG Cracker Fruit & 1% Milk	3 WG cereal Fruit & 1% Milk ..... Sun/soy butter WG crackers Fruit & 1% Milk	4 WG enriched toast spread Omelets Fruit & 1% Milk ..... WG crackers Raw vegetables w/dip 1% Milk	5 WG french toast w/ cinnamon sugar spread Chicken sausage links Fruit & 1% Milk ..... Sliced apple-mandarin orange salad w/cinnamon sugar WG graham crackers 1% Milk	6 Enriched raisin bread Soy-sun butter Fruit & 1% Milk ..... Whole grain snack mix Fruit & Water
9 Toasted swirl cinnamon bread w/spread Fruit & 1% Milk ..... Multi grain tortilla Sun butter Fruit & 1% Milk	10 WG cereal Fruit & 1% Milk ..... Cheese stick or spread Pretzels Fruit & 1% Milk	11 WW toast w/spread Scrambled eggs Fruit & 1% Milk ..... WW crackers Raw vegetable w/dip 1% Milk	12 WG mini bagel Canadian bacon Fruit & 1% Milk ..... WG assorted muffins Fruit & 1% Milk	13 WW english muffin Jam Cottage cheese Fruit & 1% Milk ..... Rice cakes B-t-2 graham crackers Fruit & Water
16 WG pancakes w/syrup Fruit & 1% Milk ..... Yogurt Berries WG cereal as topping Water	17 WG cereal Fruit & 1% Milk ..... String cheese Pretzels Fruit & 1% Milk	18 WW croissant Egg bite Fruit & 1% Milk ..... Apple, pineapple, raisin salad Graham style crackers Milk 1%	19 WG sliced roll Chicken sausage patties Fruit & 1% Milk ..... WG cereal snack mix Cheese Fruit & 1% Milk	20 WG Bagel w/cream cheese Hard boiled eggs Fruit & 1% Milk ..... Graham cracker Soy/sun butter Fruit & Water
23 WG Waffles w/ syrup Fruit & 1% Milk ..... WG mini bagels w/cream cheese Fruit & Water	24 WG bun Chicken sausage link Fruit & 1% Milk ..... WG banana-zucchini bread Fruit & 1% Milk	25 WG raisin bread toast w/ spread Yogurt Fruit & 1% Milk ..... WG crackers Raw vegetable w/ dip 1% Milk	26 **Center Closed** *Happy Thanksgiving*	27 **Center Closed**
30 WG french toast w/jelly jam Fruit & 1% Milk ..... Cottage cheese WG snack cracker Fruit & Water	1 WG enriched toast Spread Egg patty Fruit & 1% Milk ..... Apple pineapple raisin salad WG crackers 1% Milk 1%	2 WG cereal Fruit & 1% Milk ..... WG crackers Raw vegetable w/ dip 1% Milk	3 WG baking powder biscuit /spread Warm Canadian bacon Fruit & 1% Milk ..... WG muffins Fruit & 1% Milk	4 WG breakfast bread Yogurt Fruit & 1% Milk ..... WG Rice cakes B-T-2s graham Fruit & Water