CHILDREN OF AMERICA
Educational Childcare

Menu for Week of: November 2nd, 2026

2026

Meal	November 2nd				November 3rd				November 4th				November 5th				November 6th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk
BREAKFAST:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Yogurt	1/4C	1/4C	1/2C	WG Toasted Oat Cereal	1/2C	1/2C	1C	Cinnamon Raisin Bread	1/2	1/2	1	WG French Toast Sticks	1	1	2	WG Blueberry Muffin	1/2	1/2	1
	Frozen Mixed Berries	1/4C	1/2C	1/2C	Fruit Cocktail	1/4C	1/2C	1/2C	Banana	1/2	1	1	Apple Slices	1/2 bag 1/4C	1 bag 1/2C	1 bag 1/2C	Diced Pears	1/4C	1/2C	1/2C
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	**Taco Bowl**				**WG CN Mac & Cheese** #341250				**Nugget Dippers**				**Fish Roll Up**				**WG Pizza Bites**			
	CN Beef Crumble *3 oz Crumbles = 2 oz M/MA*	1.5 oz	2.25 oz	3 oz	*6 oz weight serving = 2 oz M/MA & 1 oz eq Grain*	1/3C (3 oz)	1/2C (4.5 oz)	2/3C (6 oz)	WG CN Chicken Nuggets *5 Nuggets = 2 oz M/MA & 2 oz eq*	3	4	5	WG CN Fish Sticks *4 Sticks = 2 oz M/MA & 1.5 oz eq Grain*	2	3	4	Shredded Mozzarella	0.5 oz	1 oz	1 oz
																	CN Beef Crumble	0.75 oz	0.75 oz	1.5 oz
	Brown Rice	1/4C	1/4C	1/2C									WG Tortilla	1/2	1/2	1	WG English Muffin	1/2 ea	1/2 ea	1 ea
	Shredded Cheddar/Salsa	Cond	Cond	Cond					Ketchup	Cond	Cond	Con	Mayo	Cond	Cond	Cond	Marinara	Cond	Cond	Cond
	Frozen Mango	1/8C	1/4C	1/4C	Diced Pears	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Banana	1/4	1/2	1/2	Fruit Cocktail	1/8C	1/4C	1/4C
	Corn	1/8C	1/4C	1/2C	Mixed Vegetables	1/8C	1/4C	1/2C	Vegetarian Beans	1/8C	1/4C	1/2C	Parmesan Roasted Broccoli	1/8C	1/4C	1C	Diced Carrots	1/8C	1/4C	1/2C
P.M. SNACK:	Water **Cheezy Pinwheel**				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	WG Tortilla	1/2	1/2	1	Cinnamon Raisin Bread	1/2	1/2	1	Pizza Cracker (MJM)	1/2 bag	1/2 bag	1 bag	WG Cinnamon Bug Bite Crackers	1/2 bag	1/2 bag	1 bag	WG Corn Loaf	1/2	1/2	1
	Sliced Cheese Salsa	1 Cond	1 Cond	2 Cond	Apple Slices	1 bag 1/2C	1 bag 1/2C	2 bags 3/4C	String Cheese	1/2	1/2	1	Frozen Mango	1/2C	1/2C	3/4C	Applesauce	1/2C	1/2C	3/4C

(WG)=Whole Grain	All milk served is unflavored
(TBL)=Tablespoon	12-23 months Whole Milk (unflavored)
(CN)= Child Nutrition	24-60 months 1% Milk (unflavored)
(PK)= Packet	5 years and older 1% Milk (unflavored)
(C)=Cup	**Meatballs are to be cut for ALL ages**
(Cond)= Condiment	**String Cheese cut in strips 1-4 years**
(SL) = Slices	**Turkey Sticks cut in strips 1-4 years**
	Raw carrots are steamed
	All canned fruits are drained

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Menu for Week of: November 9th, 2026

2026

Meal	November 9th MONDAY				November 10th TUESDAY				November 11th WEDNESDAY				November 12th THURSDAY				November 13th FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk
BREAKFAST: **MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD**	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
	Rice Krispy	3/4C	3/4C	11/4C	Turkey Sausage Patty	1/2	1/2	1	WG Apple Cinnamon Loaf	1/2	1/2	1	WG Waffle	1/2	1/2	1	WG Biscuit	1/2	1/2	1
	Peaches	1/4C	1/2C	1/2C	Sweet Potato Tots	1/4C	1/2C	1/2C	Apple Slices	1/2 bag 1/4C	1 bag 1/2C	1 bag 1/2C	Warm Mixed Berries	1/4C	1/2C	1/2C	Jelly Fruit Cocktail	Cond 1/4C	Cond 1/2C	Cond 1/2C
LUNCH: **MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER**	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
	Chicken Mashed Potato Bowl WG CN Chicken Nuggets *5 Nuggets = 2 oz M/MA & 2 oz eq Grain*	3	4	5	**BBQ Meatball Sub** CN Chicken Meatball *3 Meatballs = 2.5 oz M/MA* (Or) Turkey Meatballs *6 Meatballs = 1.5 oz M/MA*	2 4	3 6	3 8	**Cheese Toasty and Tomato Soup** American Cheese	2 slices	3 slices	4 slices	**Teriyaki Chicken Wrap** Diced Chicken #276780 *2.5 oz = 2 oz M/MA*	1.5 oz	2.25 oz	3 oz	**Sloppy Joe** CN Beef Crumble *3 oz Crumbles = 2 oz M/MA*	1.5 oz	2.25 oz	3 oz
	Gravy/Shredded Cheddar	Cond	Cond	Cond	WG Roll	1/2	1	1	WG English Muffin	1/2 Muffin	1 Muffin	1 Muffin	WG Tortilla	1/2	1/2	1	WG Hamburger Roll	1/2	1/2	1
	Mashed Potatoes	1/8C	1/4C	1/4C	BBQ Sauce	Cond	Cond	Cond	Tomato Soup	Cond	Cond	Cond	Teriyaki Sauce	Cond	Cond	Cond	Sloppy Joe Sauce	Cond	Cond	Cond
	Corn	1/8C	1/4C	1/2C	Frozen Mango	1/8C	1/4C	1/4C	Diced Pears	1/8C	1/4C	1/4C	Mandarin Oranges	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C
					Corn	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C	Cucumber Slices	1/8C	1/4C	1/2C	Krinkle Fries	1/8C	1/4C	1/2C
P.M. SNACK: **CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD** **JUICE/FRUIT VEGETABLE**	Water				Water				Water				Water				Water			
	Townhouse Crackers	4 ea	4 ea	8 ea	Yogurt	1/4C	1/4C	1/2C	Veggie Cracker	1/2 pack	1/2 pack	1 pack	Soft Pretzel	1/2	1/2	1	Vanilla Bear Grahams	1/2 pack	1/2 pack	1 pack
	Sliced Cheese	1/2	1/2	1	That's It Apple Crunchers	N/A	1 bag	1 1/2 bag					Turkey Stick	1/2 stick	1/2 stick	1 stick	Applesauce	1/2C	1/2C	3/4C
					Mandarin Oranges	1/4C	N/A	N/A	Baked Carrot Sticks Ranch	6 Cond	6 Cond	9 Cond								

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Menu for Week of: November 16, 2026

2026

Meal	November 16th MONDAY				November 17th TUESDAY				November 18th WEDNESDAY				November 19th THURSDAY				November 20th FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk
BREAKFAST: **MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD**	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
	Yogurt	1/4C	1/4C	1/2C	WG Toasted Oat Cereal	1/2C	1/2C	1C	Cinnamon Raisin Bread	1/2	1/2	1	WG French Toast Sticks	1	1	2	WG Blueberry Muffin	1/2	1/2	1
	Frozen Mixed Berries	1/4C	1/2C	1/2C	Fruit Cocktail	1/4C	1/2C	1/2C	Banana	1/2	1	1	Apple Slices	1/2 bag 1/4C	1 bag 1/2C	1 bag 1/2C	Diced Pears	1/4C	1/2C	1/2C
LUNCH: **MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER**	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
	Chicken Spaghetti				**Taco Bowl**				**WG CN Mac & Cheese** #341250				**Nugget Dippers**				**Fish Roll Up**			
	Diced Chicken #276780 *2.5 oz = 2 oz M/MA*	1.25 oz	2.0 oz	2.5 oz	CN Beef Crumble *3 oz Crumbles = 2 oz M/MA*	1.5 oz	2.25 oz	3 oz	*6 oz weight serving = 2 oz M/MA & 1 oz eq Grain*	1/3C (3 oz)	1/2C (4.5 oz)	2/3C (6 oz)	WG CN Chicken Nuggets *5 Nuggets = 2 oz M/MA & 2 oz eq Grain*	3	4	5	WG CN Fish Sticks *4 Sticks = 2 oz M/MA & 1.5 oz eq Grain*	2	3	4
	WG Pasta	1/4C	1/4C	1/2C	Brown Rice	1/4C	1/4C	1/2C									WG Tortilla	1/2	1/2	1
	Marinara	Cond	Cond	Cond	Shredded Cheddar/Salsa	Cond	Cond	Cond					Ketchup	Cond	Cond	Con	Mayo	Cond	Cond	Cond
	Peaches	1/8C	1/4C	1/4C	Frozen Mango	1/8C	1/4C	1/4C	Diced Pears	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Banana	1/4	1/2	1/2
	Peas	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Mixed Vegetables	1/8C	1/4C	1/2C	Vegetarian Beans	1/8C	1/4C	1/2C	Parmesan Roasted Broccoli	1/8C	1/4C	1C
P.M. SNACK: **CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD** **JUICE/FRUIT VEGETABLE**	Water				Water				Water				Water				Water			
	Cheezy Pinwheel																			
	WG Tortilla	1/2	1/2	1	Cinnamon Raisin Bread	1/2	1/2	1	Pizza Cracker (MJM)	1/2 bag	1/2 bag	1 bag	WG Cinnamon Bug Bite Crackers	1/2 bag	1/2 bag	1 bag	WG Corn Loaf	1/2	1/2	1
	Sliced Cheese Salsa	1 Cond	1 Cond	2 Cond	Apple Slices	1 bag 1/2C	1 bag 1/2C	2 bags 3/4C	String Cheese	1/2	1/2	1	Frozen Mango	1/2C	1/2C	3/4C	Applesauce	1/2C	1/2C	3/4C

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Menu for Week of: November 23rd, 2026

2026

Meal	November 23rd MONDAY				November 24th TUESDAY				November 25th WEDNESDAY				November 26th THURSDAY				November 27th FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk
BREAKFAST: **MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD**	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz								
	Rice Krispy	3/4C	3/4C	11/4C	Turkey Sausage Patty	1/2	1/2	1	WG Apple Cinnamon Loaf	1/2	1/2	1								
	Peaches	1/4C	1/2C	1/2C	Sweet Potato Tots	1/4C	1/2C	1/2C	Apple Slices	1/2 bag 1/4C	1 bag 1/2C	1 bag 1/2C								
LUNCH: **MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER**	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz								
	WG Pizza Bites				**Chicken Mashed Potato Bowl**				**BBQ Meatball Sub**											
	Shredded Mozzarella	0.5 oz	1 oz	1 oz	WG CN Chicken Nuggets *5 Nuggets = 2 oz M/MA & 2 oz eq Grain*	3	4	5	CN Chicken Meatball *3 Meatballs = 2.5 oz M/MA*	2	3	3								
	CN Beef Crumble	0.75 oz	0.75 oz	1.5 oz					(Or) Turkey Meatballs *6 Meatballs = 1.5 oz M/MA*	4	6	8								
	WG English Muffin	1/2 ea	1/2 ea	1 ea					WG Roll	1/2	1	1								
	Marinara	Cond	Cond	Cond	Gravy/Shredded Cheddar	Cond	Cond	Cond	BBQ Sauce	Cond	Cond	Cond								
	Applesauce	1/8C	1/4C	1/4C	Mashed Potatoes	1/8C	1/4C	1/4C	Frozen Mango	1/8C	1/4C	1/4C								
	Diced Carrots	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C								
P.M. SNACK: **CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD** **JUICE/FRUIT VEGETABLE**	Water				Water				Water											
	Townhouse Crackers	4 ea	4 ea	8 ea	Yogurt	1/4C	1/4C	1/2C	Veggie Cracker	1/2 pack	1/2 pack	1 pack								
	Sliced Cheese	1/2	1/2	1	That's It Apple Crunchers	N/A	1 bag	1 1/2 bag												
					Mandarin Oranges	1/4C	N/A	N/A	Baked Carrot Sticks Ranch	6 Cond	6 Cond	9 Cond								

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Menu for Week of: November 30th, 2026

2026

Meal	November 30th MONDAY				December 1st TUESDAY				December 2nd WEDNESDAY				December 3rd THURSDAY				December 4th FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk
BREAKFAST:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Yogurt	1/4C	1/4C	1/2C	WG Toasted Oat Cereal	1/2C	1/2C	1C	Cinnamon Raisin Bread	1/2	1/2	1	WG French Toast Sticks	1	1	2	WG Blueberry Muffin	1/2	1/2	1
	Frozen Mixed Berries	1/4C	1/2C	1/2C	Diced Pears	1/4C	1/2C	1/2C	Banana	1/2	1	1	Apple Slices	1/2 bag 1/4C	1 bag 1/2C	1 bag 1/2C	Fruit Cocktail	1/4C	1/2C	1/2C
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
	Sloppy Joe				**Chicken Spaghetti**				**Taco Bowl**				**WG CN Mac & Cheese** #341250				**Nugget Dippers**			
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	CN Beef Crumble *3 oz Crumbles = 2 oz M/MA*	1.5 oz	2.25 oz	3 oz	Diced Chicken #276780 *2.5 oz = 2 oz M/MA*	1.25 oz	2.0 oz	2.5 oz	CN Beef Crumble *3 oz Crumbles = 2 oz M/MA*	1.5 oz	2.25 oz	3 oz	*6 oz weight serving = 2 oz M/MA & 1 oz eq Grain*	1/3C (3 oz)	1/2C (4.5 oz)	2/3C (6 oz)	WG CN Chicken Nuggets *5 Nuggets = 2 oz M/MA & 2 oz eq Grain*	3	4	5
	WG Hamburger Roll	1/2	1/2	1	WG Pasta	1/4C	1/4C	1/2C	Brown Rice	1/4C	1/4C	1/2C								
	Sloppy Joe Sauce	Cond	Cond	Cond	Marinara	Cond	Cond	Cond	Shredded Cheddar/Salsa	Cond	Cond	Cond					Ketchup	Cond	Cond	Con
	Peaches	1/8C	1/4C	1/4C	Frozen Mango	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Diced Pears	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C
	Krinkle Fries	1/8C	1/4C	1/2C	Peas	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Mixed Vegetables	1/8C	1/4C	1/2C	Vegetarian Beans	1/8C	1/4C	1/2C
P.M. SNACK:	Water **Cheezy Pinwheel**				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	WG Tortilla	1/2	1/2	1	Cinnamon Raisin Bread	1/2	1/2	1	Pizza Cracker (MJM)	1/2 bag	1/2 bag	1 bag	WG Cinnamon Bug Bite Crackers	1/2 bag	1/2 bag	1 bag	WG Corn Loaf	1/2	1/2	1
JUICE/FRUIT VEGETABLE	Sliced Cheese Salsa	1 Cond	1 Cond	2 Cond	Apple Slices	1 bag 1/2C	1 bag 1/2C	2 bags 3/4C	String Cheese	1/2	1/2	1	Frozen Mango	1/2C	1/2C	3/4C	Applesauce	1/2C	1/2C	3/4C

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