Meatless Monday	Tuesday	Wednesday	Thursday	Finger Food Friday
2 **B: WGR** Cereal and Bananas **L: WGR** Cheesy Grits Steamed Zucchini Orange Slices **S: WG** Pretzels and Dried Fruit Mix	**3** **B: WGR** Toast and Mixed Fruit **L:** Ground Beef Tacos on **WW** Tortilla Fiesta Corn Diced Mangos **S:** Club Crackers and Mozzarella Cheese Sticks	**3** **B: WGR** Cereal and Diced Pears **L:** Chicken Alfredo with **WW** Pasta Steamed Broccoli Tropical Fruit Mix **S: WG** Animal Crackers and Applesauce	**5** **B: WW** Bagels and Grapefruit **L:** Baked Catfish **WG** Cheddar Bay Biscuits Mashed Butternut Squash Steamed Green Beans **S: WGR** Granola and Yogurt Cups	**6** **B: WGR** French Toast Sticks and Blueberries **L: WGR** Beef Steak Fingers with Gravy Oven Baked Fries Fresh Apple Slices **S**: Turkey Cheese Roll-Ups on **WW** Tortilla
9 **B: WGR** Cereal and Bananas **L:** Black Bean and Cheese Burritos on **WW** Tortilla Peas and Carrots Pineapple Tidbits **S:** Goldfish Crackers and Craisins	**10** **B:** Egg Omelet and Hashbrowns **L:** Creamy Baked Chicken Legs with **WW** Dinner Roll Scalloped Potatoes Honeydew Slices **S: WG** Banana Muffins and Cream Cheese	**11** **B: WGR** Cereal and Apricot Slices **L:** Sliced Turkey Pita Pockets in **WW** Pita Bread Hummus Fresh Apple Slices **S**: **WGR** Cinnamon Raisin Bread and Sun Butter Sandwiches	**12** **B: WGR** Pancakes and Mixed Berries **L:** Beef Stroganoff with Egg Noodles Garlic Knot Steamed Spinach Mandarin Oranges **S**: **WGR** Corn Tortilla Chips and Vegetarian Bean Dip	**13** **B: WGR** Biscuits and Cantaloupe Slices **L: WGR** Chicken Nuggets Sweet Potato Tots Grapes **S: WW** Wheat Thins and Cheese Cubes
16 **B: WGR** Cereal and Bananas **L:** Baked Cheesy **WW** Pasta Steamed Broccoli Mixed Fruit **S: WGR** Pita Chips and Hummus	**17** **B: WGR** Belgian Waffles and Diced Pears **L:** Turkey Sausage Breakfast Tacos on **WW** Tortilla Steamed Corn Tropical Fruit Mix **S: WG** Pumpkin Muffins and Cream Cheese	**18** **B: WGR** Cereal and Diced Peaches **L:** Diced Chicken with **WG** Brown Rice Stir Fry Vegetables Honeydew Slices **S**: **WW** Bagels and Yogurt Cups	**19** **B: WGR** Croissant and Warm Cinnamon Apples **L:** BBQ Beef Sliders on **WW** Dinner Roll Mashed Cauliflower Orange Slices **S: WG** Ritz Crackers and Mozzarella Cheese Sticks	**20** **B: WG** Cheesy Pork Morning Roll and Grapefruit **L: WGR** Fish Sticks Zucchini Fries Watermelon Slices **S:** Cheez-Its and Banana Chips
23-27 # CDC Closed for Thanksgiving				
30 **B: WGR** Cereal and Mandarin Oranges **L:** Vegetarian Baked Beans **WG** Cornbread Green Bean Casserole Diced Peaches **S: WG** Banana Muffins and Cream Cheese	CDC November 2026 Menu			

WW=Whole Wheat, WG=Whole Grain, WGR=Whole Grain Rich Whole Milk is served with breakfast and lunch. Water is offered during every meal.

***This Institution is an Equal Opportunity Provider**