NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Cheerios, apple & milk Red beans & rice, mashed yams, orange & milk Club crackers & cheese	**3** WG Oat bran muffin (egg & dairy) banana & milk Chicken salad wrap (egg & dairy), tossed salad, pear & milk Sun butter on WW bread	**4** Waffle (egg), applesauce & milk Pasta & meat sauce, fruit salad & milk WG cereal snack mix & pear	**5** Bagel (sesame), orange & milk Falafel chili (vegan, sesame), bread sliced peaches & milk WG Wheat Thins & apple	**6** WG Kix cereal, apple & milk Ham & cheese sandwiches, carrots, banana & milk Graham crackers & milk
9 Rice Krispies, orange & milk Macaroni & cheese (vegetarian), steamed peas, bananas & milk WG Wheat Thins & apple	**10** WG Life cereal, banana & milk Chicken vegetables soup, crackers, pear & milk Soft pretzels bites & orange	**11** Oatmeal, apple & milk Black beans & corn w/ WG brown rice (vegan), fresh fruit & milk Yogurt & banana	**12** Corn flakes, orange & milk Pasta marinara (vegetarian) w/ shredded mozzarella, fresh fruit & milk WG Triscuits & 100% apple juice	**13** WG Cheerios, apple & milk Sun butter on WW (vegan), peeled baby carrots, banana & milk Animal crackers & milk
16 WG Kix cereal, orange & milk BBQ pulled pork sliders, roasted poatoes, fruit salad & milk Goldfish crackers & milk	**17** Bagel (sesame), banana & milk Sliced turkey & Swiss on WW, vegetable soup, apple & milk Wheat Thins & pear	**18** WG Oatmeal, apple & milk Hummus (vegan, sesame) & pita w/ Greek salad, oranges & Milk Ritz crackers & Sun butter	**19** Waffle (egg), apple sauce & milk Cheese pizza (vegetarian), steamed broccoli & cauliflower, fruit salad & milk WG rice cake & milk	**20** WG Life cereal, banana & milk Bean & vegetable soup (vegan) w/ bread, pear & milk Carrots & pretzels
23 WG Cheerios, orange & milk Turkey & gravy w/ cornbread stuffing, mashed yams, applesauce & milk Pumpkin bran muffin & milk	**24** WG Chex cereal, pear & milk Moroccan chickpea stew (sesame, vegan), bread, bananas & milk Graham crackers & milk	**25**	**26**	**27**
30 Life cereal, orange & milk Butternut squash pasta, shredded mozzerella, sliced peaches & milk Corn muffin (egg & dairy) & apple				

IC3'S CLOSED HAPPY THANKSGIVING

THE U.S. DEPARTMENT OF AGRICULTURE (USDA) PROHIBITS DISCRIMINATION IN ALL ITS PROGRAMS ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, RELIGION, DISABILITY, POLITICAL BELIEFS, SEXUAL ORIENTATION, OR MARITAL OR FAMILY STATUS.
WATER IS SERVED FOR AFTERNOON SNACK WHERE NO OTHER BEVERAGE IS LISTED. MILK IS SERVED WITH MORNING SNACK AND LUNCH. ALL FRESH FRUIT IS SERVED UNLESS OTHERWISE STATED
ALL IC3 MORNING SNACK INCLUDED A WHOLE GRAIN (WG) COMPONENT WITH LESS THAN .212G OF SUGAR FOR DRY CEREALS