Nourishing bodies, minds and cultures.

CKC Good Food

This institution is an equal opportunity provider

651-453-1136
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OCTOBER 2026

TASTY | HEALTHY | FUN | VARIETY | BALANCED

Name of the menu : Childcare Cold Breakfast Menu

Meal Pattern : Preschool

Grade : Childcare Ages 2 - 5 Years

Meal : Breakfast

Week II BREAKFAST				Thursday, 10/1/2026	Friday, 10/2/2026
				Golden Corn Muffin Unsweetened Applesauce Cup Choice Milk	**Mini Banana Loaf** 100% 4.23 oz Fruit Juice Choice Milk
				Chef's Choice may be offered	
Week III BREAKFAST	Monday, 10/5/2026	Tuesday, 10/6/2026	Wednesday, 10/7/2026	Thursday, 10/8/2026	Friday, 10/9/2026
	Assorted Cereal Bowl (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	**Sliced Bagel w/ Cream Cheese** Unsweetened Applesauce Cup Choice Milk	**Assorted Granola Pack w/ Yogurt Cup** 100% 4.23 oz Fruit Juice Choice Milk	**Muffin** Unsweetened Applesauce Cup Choice Milk	**Assorted Cereal Bowl** (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk
	Chef's Choice may be offered				
Week IV BREAKFAST	Monday, 10/12/2026	Tuesday, 10/13/2026	Wednesday, 10/14/2026	Thursday, 10/15/2026	Friday, 10/16/2026
	Assorted Cereal Bowl (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	**Vanilla Waffle** Unsweetened Applesauce Cup Choice Milk	**Assorted Cereal Bowl** (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	**Mini Blueberry Loaf** Unsweetened Applesauce Cup Choice Milk	**Muffin** 100% 4.23 oz Fruit Juice Choice Milk
	Chef's Choice may be offered				
Week V BREAKFAST	Monday, 10/19/2026	Tuesday, 10/20/2026	Wednesday, 10/21/2026	Thursday, 10/22/2026	Friday, 10/23/2026
	Assorted Cereal Bowl (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	**Sliced Bagel w/ Cream Cheese** Unsweetened Applesauce Cup Choice Milk	**Cinnamon Granola On Yogurt Cup** 100% 4.23 oz Fruit Juice Choice Milk	**Assorted Cereal Bowl** (No more than 6 grams of sugar) Unsweetened Applesauce Cup Choice Milk	**Golden Cornbread Muffin** 100% 4.23 oz Fruit Juice Choice Milk
	Chef's Choice may be offered				
Week VI BREAKFAST	Monday, 10/26/2026	Tuesday, 10/27/2026	Wednesday, 10/28/2026	Thursday, 10/29/2026	Friday, 10/30/2026
	Assorted Cereal Bowl (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	**French Toast Waffle** Unsweetened Applesauce Cup Choice Milk	**Assorted Cereal Bowl** (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	**Muffin** Unsweetened Applesauce Cup Choice Milk	**Mini Banana Loaf** 100% 4.23 oz Fruit Juice Choice Milk
	Chef's Choice may be offered				

*** Three Items meet USDA requirements (One Item must be fruit).

Whole milk served to children under 2 years of age. Skim & 1% milk served to Ages 2+

This menu is pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.

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Menu is subject to infrequent changes

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WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)

NOVEMBER 2026

	TASTY	HEALTHY	FUN	VARIETY	BALANCED
	Monday, 11/2/2026	Tuesday, 11/3/2026	Wednesday, 11/4/2026	Thursday, 11/5/2026	Friday, 11/6/2026
Week I BREAKFAST	**Assorted Cereal Bowl** (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	**Sliced Bagel w/ Cream Cheese** Unsweetened Applesauce Cup Choice Milk	**Assorted Granola Pack & Yogurt Cup** 100% 4.23 oz Fruit Juice Choice Milk	**Muffin** Unsweetened Applesauce Cup Choice Milk	**Assorted Cereal Bowl** (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk
	Chef's Choice may be offered				
	Monday, 11/9/2026	Tuesday, 11/10/2026	Wednesday, 11/11/2026		
Week II BREAKFAST	**Assorted Cereal Bowl** (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	**Blueberry Waffle** Unsweetened Applesauce Cup Choice Milk	**Assorted Cereal Bowl** (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk		
	Chef's Choice may be offered				

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