Nourishing bodies, minds and cultures.

CKC Good Food

This institution is an equal opportunity provider

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NOVEMBER 2026

TASTY | HEALTHY | FUN | VARIETY | BALANCED

Name of the menu :K-8 B Breakfast No Cereal Menu

Meal Pattern : NSLP

Grade : K-8 Grades

Meal : Breakfast

Week I — BREAKFAST

Monday, 11/2/2026	Tuesday, 11/3/2026	Wednesday, 11/4/2026	Thursday, 11/5/2026	Friday, 11/6/2026
Breakfast Goody Bun 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	**Smoothie Day - Drink Your Breakfast** Yogurt & Fruit Smoothie | Strawberry Crispie Bar Choice Milk & Second Fruit	**Apple Muffin** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	**Pumpkin Bread Super Slice** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Fun Donut Day **Chocolate Cake Donut** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit

Entrée of the Day is 2 Whole Grain Items Equivalent.

Week II — BREAKFAST

Monday, 11/9/2026	Tuesday, 11/10/2026	Wednesday, 11/11/2026	Thursday, 11/12/2026	Friday, 11/13/2026
Sliced Bagel w/ Strawberry Cream Cheese 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Fun Nom-Nom Day **Apple Cinnamon Brekkie** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	**Dunkin Stix** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	**Honey Breakfast Bun** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	**Banana Muffin** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit

Entrée of the Day is 2 Whole Grain Items Equivalent.

Week III — BREAKFAST

Monday, 11/16/2026	Tuesday, 11/17/2026	Wednesday, 11/18/2026	Thursday, 11/19/2026	Friday, 11/20/2026
Oatmeal Banana ChocoChip BeneFIT Bar 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	**Smoothie Day - Drink Your Breakfast** Yogurt & Fruit Smoothie | Berry Apple Crispie Bar Choice Milk & Second Fruit	Fun Chocalate-y Day **Choco Chip Muffin** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	**Banana Bread Super Slice** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	**Cinnamon Roll** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit

Entrée of the Day is 2 Whole Grain Items Equivalent.

Week IV — BREAKFAST

Monday, 11/23/2026	Tuesday, 11/24/2026	Wednesday, 11/25/2026	Thursday, 11/26/2026	Friday, 11/27/2026
Pumpkin Muffin 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	**Assorted Cereal Bar** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	**Ultimate Breakfast Round** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Fun Donut Day **Mini Donut Bites** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	**Maple Waffle** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit

Entrée of the Day is 2 Whole Grain Items Equivalent.

Week V — BREAKFAST

Monday, 11/30/2026
Sliced Bagel w/ Strawberry Cream Cheese 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit

Entrée of the Day is 2 Whole Grain Items Equivalent.

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

Assorted Fluid Milk / Fluid Milk Substitute Choices offered.

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)

DECEMBER 2026

	TASTY	HEALTHY	FUN	VARIETY	BALANCED
Week V BREAKFAST		Tuesday, 12/1/2026 **Blueberry Muffin** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Wednesday, 12/2/2026 Fun Chocalate-y Day **Chocolate Swirls** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Thursday, 12/3/2026 **Apple Fritter Bun** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Friday, 12/4/2026 **Glazed PullApart** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit
		Entrée of the Day is 2 Whole Grain Items Equivalent.			
Week VI BREAKFAST	Monday, 12/7/2026 Fun Nom-Nom Day **Brekkie** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Tuesday, 12/8/2026 **Blueberry Breakfast Bread** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Wednesday, 12/9/2026 **Cocoa Chip BeneFIT Bar** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Thursday, 12/10/2026 **Cinnamon Swirls** 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Friday, 12/11/2026 **Confetti Maple Waffle** (Natural Colors) 100% 4.23 oz Fruit Juice Choice Milk & Second Fruit
	Entrée of the Day is 2 Whole Grain Items Equivalent.				

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