Nourishing bodies, minds and cultures.

CKC Good Food

This institution is an equal opportunity provider

651-453-1136
www.ckcgoodfood.com
Follow us on

NOVEMBER 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

	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	Thursday, 11/12/2026	Friday, 11/13/2026
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	**Golden Corn Muffin** Unsweetened Applesauce Cup Choice Milk	**Banana Loaf** 100% 4.23 oz Fruit Juice Choice Milk
	Chef's Choice may be offered				
	Monday, 11/16/2026	Tuesday, 11/17/2026	Wednesday, 11/18/2026	Thursday, 11/19/2026	Friday, 11/20/2026
Week III 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 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				
	Monday, 11/23/2026	Tuesday, 11/24/2026	Wednesday, 11/25/2026	Thursday, 11/26/2026	Friday, 11/27/2026
Week IV BREAKFAST	**Cereal Bowl** (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	**Banana Loaf** Unsweetened Applesauce Cup Choice Milk	**Cereal Bowl** (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	**Lemon Bread Super Slice** Unsweetened Applesauce Cup Choice Milk	**Muffin** 100% 4.23 oz Fruit Juice Choice Milk
	Chef's Choice may be offered				
	Monday, 11/30/2026				
Week V BREAKFAST	**Assorted Cereal Bowl** (No more than 6 grams of sugar) 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.

© CKC Good Food®

Menu is subject to infrequent changes

651-453-1136

www.ckcgoodfood.com

Follow us on

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 **Sliced Bagel w/ Cream Cheese** Unsweetened Applesauce Cup Choice Milk	Wednesday, 12/2/2026 **Cinnamon Granola On Yogurt Cup** 100% 4.23 oz Fruit Juice Choice Milk	Thursday, 12/3/2026 **Assorted Cereal Bowl** (No more than 6 grams of sugar) Unsweetened Applesauce Cup Choice Milk	Friday, 12/4/2026 **Golden Cornbread Muffin** 100% 4.23 oz Fruit Juice Choice Milk
		Chef's Choice may be offered			
Week VI BREAKFAST	Monday, 12/7/2026 **Cereal Bowl** (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	Tuesday, 12/8/2026 **Banana Loaf** Unsweetened Applesauce Cup Choice Milk	Wednesday, 12/9/2026 **Cereal Bowl** (No more than 6 grams of sugar) 100% 4.23 oz Fruit Juice Choice Milk	Thursday, 12/10/2026 **Muffin** Unsweetened Applesauce Cup Choice Milk	Friday, 12/11/2026 **Lemon Bread Super Slice** 100% 4.23 oz Fruit Juice Choice Milk
	Chef's Choice may be offered				

© CKC Good Food®