



# BCDS - 2026 NOVEMBER MENU

GREEN = Wheat, Whole-Grain, & Multi-Grain Items    RED = Vegetarian Option    PURPLE = Beginner Alternative

|           | MONDAY                                                                                       | TUESDAY                                                                              | WEDNESDAY                                                                                            | THURSDAY                                                                                                 | FRIDAY                                                                               |
|-----------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|           | 2                                                                                            | 3                                                                                    | 4                                                                                                    | 5                                                                                                        | 6                                                                                    |
| Breakfast | WG Pancake, Berries, 1% Milk <b>Whole Milk</b>                                               | WG Spooner Cereal, Strawberry Slices, 1% Milk <b>Whole Milk</b>                      | WG Cereal Oatmeal Bar, Applesauce, 1% Milk <b>Whole Milk</b>                                         | WG Banana Loaf, Blueberries, 1% Milk <b>Whole Milk</b>                                                   | WG Cereal, 1/2 Banana, 1% Milk <b>Whole Milk</b>                                     |
| Lunch     | Cheese Jumbo Ravioli, Sweet Peas, Tropical Fruit, 1% Milk <b>Whole Milk</b>                  | Chicken/Cheese/Ranch Snack <b>Wrap</b> Diced Mango, Corn, 1% Milk <b>Whole Milk</b>  | WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Sweet Peas, 1% Milk <b>Whole Milk</b> | Turkey Burger on WG Bun (Vegetarian Griller), Pineapple, Tidbits, Green Beans, 1% Milk <b>Whole Milk</b> | Meatloaf, Mandarin Oranges, Mashed Potatoes, 1% Milk <b>Whole Milk</b>               |
| PM Snack  | WG Graham Crackers, Apple Sauce, Water                                                       | Fresh Apple Slices, Sunbutter, Water - Strawberry/Apple Puffs, Applesauce            | Cucumber Slices, Hummus, Water - Diced Cucumber                                                      | Cucumber Slices, Tzatziki Dip, Water - Sliced Cucumber Slices                                            | That's It Crunchers, WG Graham Crackers, Water                                       |
|           | 9                                                                                            | 10                                                                                   | 11                                                                                                   | 12                                                                                                       | 13                                                                                   |
| Breakfast | WG Cereal Oatmeal Bar, 1% Milk <b>Whole Milk</b>                                             | WG Waffle, Berry Mix, 1% Milk <b>Whole Milk</b>                                      | BCDS CLOSED                                                                                          | Yogurt, Blueberries, WG Vanilla Graham Bears, 1% Milk <b>Whole Milk</b>                                  | WG French Toast Sticks, 1/2 Banana, 1% Milk                                          |
| Lunch     | WG Chicken Drumsticks, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk <b>Whole Milk</b> | Chicken Fajitas on WG Tortilla, Potato Coins, Diced Peas, 1% Milk <b>Whole Milk</b>  | <b>PROFESSIONAL DEVELOPMENT DAY</b>                                                                  | Sloppy Joe Sammy, (Vegan Griller) Mixed Veggies, Fruit Cocktail, 1% Milk                                 | Cheeseburger on WG Bun (Veg Griller), Potato Coins, Diced Peaches, 1% Milk           |
| PM Snack  | WG Rice Cake, Sunbutter, Applesauce, Water                                                   | Cucumber Slices, Tzatziki Dip, Water - WG Toasted Oats                               | BCDS CLOSED                                                                                          | Fresh Apple Slices, Mozzarella String Cheese, Water - Diced Apples                                       | Wheat Thin Crackers, Mozzarella String Cheese, Water - WG Toasted Oats & Apple Sauce |
|           | 16                                                                                           | 17                                                                                   | 18                                                                                                   | 19                                                                                                       | 20                                                                                   |
| Breakfast | Cinnamon Raisin Toast, Tropical Fruit, 1% Milk <b>Whole Milk</b>                             | WG Toasted Oats Cereal, 1/2 Banana, 1% Milk <b>Whole Milk</b>                        | WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk <b>Whole Milk</b>                                    | WG Blueberry Loaf, Diced Peas, 1% Milk                                                                   | WG Cereal Oatmeal Bar, Applesauce, 1% Milk <b>Whole Milk</b>                         |
| Lunch     | Grilled Cheese on WG Bread, String Beans, Diced Peaches 1% Milk <b>Whole Milk</b>            | Chicken Teriyaki <b>Wrap</b> , Broccoli, Mandarin Oranges, 1% Milk <b>Whole Milk</b> | Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk <b>Whole Milk</b>                       | Rice, Beans, Fruit Mix, 1% Milk <b>Whole Milk</b>                                                        | <b>THANKSGIVING LUNCHEON</b>                                                         |
| PM Snack  | WG All Sport Bites, Mandarin Oranges, Water - Banana Snack Puffs                             | That's It Apple/Banana Fruit Bar, Water                                              | WG Pizza Crackers, Mandarin Oranges, Water Banana Snack Puffs                                        | That's It Fruit Bar, Animal Crackers, Water                                                              | Cucumber Slices, Hummus, Water - Diced Cucumber                                      |
|           | 23                                                                                           | 24                                                                                   | 25                                                                                                   | 26                                                                                                       | 27                                                                                   |
| Breakfast | <b>Chef's Choice Day</b>                                                                     | WG Mini Bagel, Cream Cheese, 1% Milk <b>Whole Milk</b>                               | WG Oatmeal Cereal Bar, 1/2 Orange, 1% Milk <b>Whole Milk</b>                                         |                                                                                                          |                                                                                      |
| Lunch     | <b>Chef's Choice Day</b>                                                                     | Turkey/Beef Tacos on WG Tortilla (Veggie Crumbles), Diced Peas, Green Beans, 1% Milk | Chicken Mashed Potato Bowl, Gravy, Tropical Fruit, 1% Milk <b>Whole Milk</b>                         | <b>SCHOOL CLOSED - THANKSGIVING BREAK</b>                                                                | <b>SCHOOL CLOSED - THANKSGIVING BREAK</b>                                            |
| PM Snack  | <b>Chef's Choice Day</b>                                                                     | Graham Crackers, Strawberry Yogurt, Water                                            | <b>Chef's Choice Day</b>                                                                             |                                                                                                          |                                                                                      |

Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz)    Canned fruit are in natural juices.