NOVEMBER 2026 MONTHLY MENU

Best Childcare Centers, LLC | The Eli Center | Cyn's Play Place

Dietary Guidelines: Chicken, Turkey, Beef, Fish Sticks, Rice, Pasta/Spaghetti, Fruits, Veggies only | Drinks: Almond Milk + Water | Snacks: Fruit, Non-Dairy Yogurt, Applesauce

WEEK 1: November 2–6

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal w/ bananas Almond milk	Scrambled eggs Whole grain toast Mixed fruit Water	Whole grain pancakes Strawberries Almond milk	Cereal w/ almond milk Sliced banana Water	Turkey sausage Whole grain waffle Orange slices Almond milk
Lunch	Spaghetti & meatballs Steamed broccoli Water	Roasted chicken Rice Carrots Almond milk	Turkey chili Whole grain roll Apple slices Water	Fish sticks Mixed vegetables Rice Almond milk	Beef & rice Broccoli Mixed fruit Water
Snack	Apple slices Water	Non-dairy yogurt Peaches	Applesauce Almond milk	Banana Water	Mixed fruit cup Almond milk

WEEK 2: November 9–13 | Wed 11/11 Veterans Day — Center OPEN

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole grain toast Scrambled eggs Pear slices Almond milk	Oatmeal w/ apples Water	Whole grain waffle Blueberries Almond milk	Turkey sausage Whole grain muffin Mixed fruit Water	Cereal Banana Almond milk
Lunch	Chicken & rice Mixed vegetables Water	Spaghetti w/ meat sauce Green beans Almond milk	Roasted chicken Mashed sweet potato Carrots Water	Beef chili w/ beans Rice Apple slices Almond milk	Fish sticks Broccoli Rice Water
Snack	Grapes Water	Non-dairy yogurt Strawberries	Applesauce Almond milk	Banana Water	Orange slices Almond milk

WEEK 3: November 16–20

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal w/ blueberries Almond milk	Whole grain pancakes Sliced peaches Water	Scrambled eggs Whole grain toast Orange wedges Almond milk	Turkey sausage Whole grain waffle Strawberries Water	Cereal Mixed fruit Almond milk
Lunch	Turkey meatballs & spaghetti Broccoli Water	Roasted chicken Rice Mixed vegetables Almond milk	Turkey burger patty Sweet potato fries Carrots Water	Chicken & rice Broccoli Mixed fruit Almond milk	Fish sticks Carrots Rice Water
Snack	Watermelon Water	Applesauce Almond milk	Non-dairy yogurt Blueberries	Apple slices Water	Banana Almond milk

WEEK 4: November 23–27 | Wed 11/25 Thanksgiving Feast Day | Thu–Fri CLOSED

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal w/ apples Almond milk	Scrambled eggs Whole grain toast Mixed fruit Water	Whole grain pancakes Turkey sausage Banana Almond milk	**CLOSED** *Thanksgiving*	**CLOSED** *Day After*
Lunch	Spaghetti & meatballs Steamed broccoli Water	Turkey chili Rice Apple slices Almond milk	Thanksgiving Feast: Roasted turkey Mashed sweet potato	**CLOSED** *Thanksgiving*	**CLOSED** *Day After*

			Green beans Water		
Snack	Apple slices Water	Non-dairy yogurt Peaches	Mixed fruit cup Almond milk	**CLOSED** *Thanksgiving*	**CLOSED** *Day After*

WEEK 5: November 30–December 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole grain waffle Strawberries Almond milk	Oatmeal w/ bananas Water	Scrambled eggs Turkey sausage Whole grain toast Almond milk	Cereal Pear slices Water	Whole grain pancakes Mixed fruit Almond milk
Lunch	Beef & rice Mixed vegetables Water	Roasted chicken Broccoli Carrots Almond milk	Spaghetti & meatballs Green beans Water	Turkey chili Whole grain roll Apple slices Almond milk	Fish sticks Corn Rice Water
Snack	Grapes Water	Applesauce Almond milk	Non-dairy yogurt Peaches	Banana Water	Mixed fruit cup Almond milk

MENU NOTES FOR STAFF & FAMILIES:

1. Drinks served with every meal: Water + Almond Milk offered. Children choose.
2. Fruit rotation: Apple, banana, orange, berries, melon, grapes, peaches, pears, mixed fruit
3. Veggie rotation: Broccoli, carrots, mixed vegetables, green beans, corn, sweet potato
4. Non-dairy yogurt served 2x/week max. Always fruit-based flavor.
5. No pork, no nuts per guidelines. Fish sticks served Fridays — verify allergy roster before service. All pasta is whole grain when possible.

★ Thanksgiving: Wed 11/25 classroom Feast Day. Centers CLOSED Thu 11/26 and Fri 11/27 — no meal service.

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