NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2 OATMEAL ROUND APPLESAUCE MILK,1% Lowfat	Nov - 3 POP TART STRING CHEESE SMOOTHIE MILK,1% Lowfat	Nov - 4 CEREAL PACK MILK,1% Lowfat	Nov - 5 MINI WAFFLE FRUIT SALAD MILK,1% Lowfat	Nov - 6 BAGEL & CREAM CH YOGURT MANDARIN ORANGE MILK,1% Lowfat
Nutrients Target Cals... 225 56% Chol... 12 mg Sodium. 110 mg Fiber.. 3.3 g Iron... 1.0 mg Calcium 317.7 mg Vit A 512 IU Vit C 1.3 mg Sugar 12.7g 22.6%Cal Prot 11.4g 20.4%Cal Carb 37.6g 66.9%Cal T.Fat 3.6g 14.4%Cal S.Fat 1.8g 7.0%Cal	Nutrients Target Cals... 548 110% Chol... 30 mg Sodium. 565 mg Fiber.. 1.6 g Iron... 2.6 mg Calcium 682.8 mg Vit A 1212 IU Vit C 8.5 mg Sugar 27.0*g 19.7%Cal Prot 22.1g 16.2%Cal Carb 85.9g 62.7%Cal T.Fat 13.9g 22.8%Cal S.Fat 6.7g 11.0%Cal	Nutrients Target Cals... 212 53% Chol... 12 mg Sodium. 307 mg Fiber.. 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 386 96% Chol... 17 mg Sodium. 295 mg Fiber.. 4.3 g Iron... 1.2 mg Calcium 333.8 mg Vit A 1019 IU Vit C 3.2 mg Sugar 24.7*g 25.6%Cal Prot 12.7g 13.1%Cal Carb 68.3g 70.8%Cal T.Fat 8.5g 19.7%Cal S.Fat 2.6g 6.0%Cal	Nutrients Target Cals... 482 100% Chol... 25 mg Sodium. 362 mg Fiber.. 3.0 g Iron... 1.9 mg Calcium 495.0 mg Vit A 878 IU Vit C 21.0 mg Sugar 25.7*g 21.3%Cal Prot 19.2g 15.9%Cal Carb 86.2g 71.4%Cal T.Fat 8.4g 15.6%Cal S.Fat 4.0g 7.5%Cal
Nov - 9 MUFFIN DRIED CHERRIES APPLE JUICE MILK,1% Lowfat	Nov - 10 BRFAST SANDWICH PINEAPPLE CHUNKS MILK,1% Lowfat	Nov - 11 CEREAL PACK MILK,1% Lowfat	Nov - 12 MINI FRN TOAST FRESH GRAPES MILK,1% Lowfat	Nov - 13 MINI DONUTS MANGOS MILK,1% Lowfat
Nutrients Target Cals... 460 100% Chol... 52 mg Sodium. 242 mg Fiber.. 5.2 g Iron... 1.3 mg Calcium 354.9 mg Vit A 579 IU Vit C 50.1 mg Sugar 48.6*g 42.3%Cal Prot 11.3g 9.9%Cal Carb 85.2g 74.2%Cal T.Fat 8.5g 16.7%Cal S.Fat 3.6g 7.0%Cal	Nutrients Target Cals... 348 87% Chol... 27 mg Sodium. 579 mg Fiber.. 3.0 g Iron... 2.0 mg Calcium 522.6 mg Vit A 626 IU Vit C 9.5 mg Sugar 35.6*g 40.9%Cal Prot 17.7g 20.3%Cal Carb 52.1g 59.9%Cal T.Fat 8.5g 22.0%Cal S.Fat 3.6g 9.2%Cal	Nutrients Target Cals... 212 53% Chol... 12 mg Sodium. 307 mg Fiber.. 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 378 95% Chol... 12 mg Sodium. 350 mg Fiber.. 4.0 g Iron... 4.0 mg Calcium 520.9 mg Vit A 1592 IU Vit C 4.5 mg Sugar 25.7*g 27.2%Cal Prot 12.9g 13.7%Cal Carb 68.6g 72.5%Cal T.Fat 7.8g 18.5%Cal S.Fat 3.2g 7.5%Cal	Nutrients Target Cals... 441 100% Chol... 12 mg Sodium. 338 mg Fiber.. 3.8 g Iron... 1.0 mg Calcium 377.5 mg Vit A 1705 IU Vit C 41.3 mg Sugar 49.2*g 44.7%Cal Prot 13.2g 11.9%Cal Carb 70.2g 63.7%Cal T.Fat 13.8g 28.2%Cal S.Fat 4.6g 9.5%Cal
Nov - 16 CINNAMON ROLL PEARS MILK,1% Lowfat	Nov - 17 BANANA BREAD BLUEBERRIES MILK,1% Lowfat	Nov - 18 CEREAL PACK MILK,1% Lowfat	Nov - 19 MINI PANCAKES FRESH APPLES MILK,1% Lowfat	Nov - 20 BRKFAST BAR PACK MILK,1% Lowfat
Nutrients Target Cals... 414 100% Chol... 12 mg Sodium. 384 mg Fiber.. 4.0 g Iron... 1.9 mg Calcium 351.3 mg Vit A 478 IU Vit C 0.9 mg Sugar 42.9*g 41.4%Cal Prot 13.5g 13.0%Cal Carb 70.2g 67.8%Cal T.Fat 9.4g 20.4%Cal S.Fat 3.0g 6.6%Cal	Nutrients Target Cals... 441 100% Chol... 12 mg Sodium. 329 mg Fiber.. 5.2 g Iron... 1.4 mg Calcium 393.7 mg Vit A 631 IU Vit C 2.9 mg Sugar 37.7*g 34.2%Cal Prot 13.7g 12.4%Cal Carb 70.0g 63.5%Cal T.Fat 13.1g 26.7%Cal S.Fat 3.6g 7.4%Cal	Nutrients Target Cals... 212 53% Chol... 12 mg Sodium. 307 mg Fiber.. 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal	Nutrients Target Cals... 368 92% Chol... 12 mg Sodium. 258 mg Fiber.. 4.7 g Iron... 0.9 mg Calcium 349.1 mg Vit A 516 IU Vit C 3.2 mg Sugar 33.9*g 36.8%Cal Prot 12.4g 13.5%Cal Carb 62.7g 68.1%Cal T.Fat 9.5g 23.2%Cal S.Fat 2.1g 5.0%Cal	Nutrients Target Cals... 242 61% Chol... 12 mg Sodium. 207 mg Fiber.. 4.0 g Iron... 1.9 mg Calcium 305.0 mg Vit A 978 IU Vit C 0.0 mg Sugar 21.7*g 35.8%Cal Prot 11.2g 18.5%Cal Carb 36.2g 59.7%Cal T.Fat 5.9g 21.8%Cal S.Fat 2.5g 9.4%Cal

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**
**** - denotes combined nutrient totals with either missing or incomplete nutrient data.***

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 23 BRFAST CRESCENT PEACHES MILK,1% Lowfat	Nov - 24	Nov - 25	Nov - 26	Nov - 27
Nutrients Target Cals... 380 95% Chol... 12 mg Sodium. 383 mg Fiber.. 3.2 g Iron... 1.9 mg Calcium 330.4 mg Vit A 784 IU Vit C 3.4 mg Sugar 22.7*g 23.9%Cal Prot 14.7g 15.4%Cal Carb 61.2g 64.4%Cal T.Fat 10.5g 24.8%Cal S.Fat 3.0g 7.2%Cal				
Nov - 30 CEREAL PACK MILK,1% Lowfat				
Nutrients Target Cals... 212 53% Chol... 12 mg Sodium. 307 mg Fiber.. 1.0 g Iron... 3.7 mg Calcium 385.0 mg Vit A 878 IU Vit C 4.8 mg Sugar 21.7*g 40.8%Cal Prot 9.2g 17.4%Cal Carb 34.2g 64.3%Cal T.Fat 5.4g 22.7%Cal S.Fat 2.0g 8.7%Cal				

N/A *- denotes a nutrient that is either missing or incomplete for an individual ingredient.*
** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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