NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2 CHEESEBURGER 1/2c ONION RINGS 1/2c BAKED BEANS MANDARIN ORANGE MILK,1% Lowfat KETCHUP	Nov - 3 CRISPITOS 1/2c GARBONZA 1/4c SQUASH MANGOS MILK,1% Lowfat SALSA	Nov - 4 FRNCH TOAST STK YOGURT 1/2c CUCUMBER 1/2c HASH BROWN APPLE JUICE MILK,1% Lowfat SYRUP	Nov - 5 ORANGE CHICKEN BROWN RICE 1/2c STMD BROCCOL 1/4c SLC RED PEPP PINEAPPLE CHUNKS MILK,1% Lowfat EGG ROLL	Nov - 6 CHICKEN STRIPS 1/2c TATER TOTS 1/2c CARROTS BLUEBERRIES MILK,1% Lowfat KETCHUP
Nutrients Target Cals... 782 120% Chol... 42 mg Sodium. 1268 mg Fiber.. 12.6 g Iron... 5.7 mg Calcium 538.0 mg Vit A 1033 IU Vit C 26.5* mg Sugar 12.7*g 6.5%Cal Prot 36.3g 18.5%Cal Carb 113.1g 57.9%Cal T.Fat 21.8g 25.0%Cal S.Fat 7.0g 8.0%Cal	Nutrients Target Cals... 556 93% Chol... 102 mg Sodium. 817 mg Fiber.. 12.3 g Iron... 4.5 mg Calcium 567.2 mg Vit A 3531 IU Vit C 52.6* mg Sugar 30.2*g 21.7%Cal Prot 30.6g 22.0%Cal Carb 75.5g 54.3%Cal T.Fat 15.8g 25.6%Cal S.Fat 5.7g 9.2%Cal	Nutrients Target Cals... 762 117% Chol... 110 mg Sodium. 529 mg Fiber.. 3.8 g Iron... 2.5 mg Calcium 500.2 mg Vit A 690 IU Vit C 55.8* mg Sugar 25.0*g 13.1%Cal Prot 21.5g 11.3%Cal Carb 124.7g 65.5%Cal T.Fat 20.6g 24.3%Cal S.Fat 4.3g 5.1%Cal	Nutrients Target Cals... 501 84% Chol... 52 mg Sodium. 405 mg Fiber.. 6.4 g Iron... 2.8 mg Calcium 369.6 mg Vit A 1556 IU Vit C 76.0* mg Sugar 43.0*g 34.3%Cal Prot 25.7g 20.5%Cal Carb 86.7g 69.2%Cal T.Fat 6.6g 11.9%Cal S.Fat 2.3g 4.1%Cal	Nutrients Target Cals... 597 100% Chol... 47 mg Sodium. 1247 mg Fiber.. 9.4 g Iron... 3.7 mg Calcium 370.2 mg Vit A 16839 IU Vit C 9.2* mg Sugar 17.3*g 11.6%Cal Prot 27.6g 18.5%Cal Carb 68.1g 45.6%Cal T.Fat 25.4g 38.2%Cal S.Fat 7.1g 10.8%Cal
Nov - 9 CHICAGO HOT DOG 1/2c BAKED FRIES 1/2c BAKED BEANS FRESH GRAPES MILK,1% Lowfat PICKLE KETCHUP	Nov - 10 MAC & CHEESE 1c TOSSED SALAD 1/4c SLC GRN PEPP FRESH APPLES MILK,1% Lowfat GARLIC BREAD ITALIAN DRESSING	Nov - 11	Nov - 12 PULLED PORK SAND 1/2c WAFFLE FRIES 1/2c MIXED VEGETAB MIXED BERRIES MILK,1% Lowfat KETCHUP	Nov - 13 DEEP DISH PIZZA 1/2c CORN 1/2c ZUCCHINI PEARS MILK,1% Lowfat
Nutrients Target Cals... 852 131% Chol... 47 mg Sodium. 1819 mg Fiber.. 12.7 g Iron... 4.7 mg Calcium 450.8 mg Vit A 891 IU Vit C 22.3* mg Sugar 16.7*g 7.8%Cal Prot 23.2g 10.9%Cal Carb 123.5g 58.0%Cal T.Fat 30.1g 31.8%Cal S.Fat 9.7g 10.2%Cal	Nutrients Target Cals... 717 110% Chol... 78 mg Sodium. 825 mg Fiber.. 12.2 g Iron... 6.0 mg Calcium 420.7 mg Vit A 5604 IU Vit C 91.2* mg Sugar 34.8*g 19.4%Cal Prot 37.1g 20.7%Cal Carb 74.6g 41.6%Cal T.Fat 32.5g 40.8%Cal S.Fat 9.4g 11.8%Cal		Nutrients Target Cals... 725 111% Chol... 76 mg Sodium. 1899 mg Fiber.. 9.9 g Iron... 3.9* mg Calcium354.9* mg Vit A 1228* IU Vit C 9.6* mg Sugar 28.7*g 15.8%Cal Prot 33.2g 18.3%Cal Carb 92.5g 51.1%Cal T.Fat 20.5g 25.4%Cal S.Fat 6.1g 7.6%Cal	Nutrients Target Cals... 755 116% Chol... 27 mg Sodium. 772 mg Fiber.. 18.3 g Iron... 7.2* mg Calcium784.1* mg Vit A 11968* IU Vit C 129.1* mg Sugar 56.3*g 29.8%Cal Prot 39.4g 20.9%Cal Carb 117.0g 62.0%Cal T.Fat 18.5g 22.1%Cal S.Fat 6.2g 7.4%Cal
Nov - 16 GRILLED CHEESE TOMATO SOUP 1/2c CAULIFLOWER FRUIT SALAD MILK,1% Lowfat	Nov - 17 BRD CHK PAT SAND 1/2c SWEET POTATO 1/2c GREEN BEANS ORANGE HALVES MILK,1% Lowfat KETCHUP	Nov - 18 WAFFLES BACON 1/2c CUCUMBER 1/2c HASH BROWN SMOOTHIE MILK,1% Lowfat SYRUP	Nov - 19 DOMINO'S PIZZA 1/2c ASPARAGUS 1/2c SPINACH SALAD PEACHES MILK,1% Lowfat ICE CREAM	Nov - 20 MOZZ STICKS 1/2c PEAS 1/4c BEETS STRAWBERRIES MILK,1% Lowfat MARINARA SAUCE

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

Oct 29, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrients Target Cals... 536 89% Chol... 51 mg Sodium. 1344 mg Fiber.. 6.3 g Iron... 2.5* mg Calcium817.2* mg Vit A 2056* IU Vit C 58.5* mg Sugar 15.5*g 11.6%Cal Prot 31.8g 23.8%Cal Carb 74.9g 55.9%Cal T.Fat 13.8g 23.2%Cal S.Fat 7.7g 13.0%Cal	Nutrients Target Cals... 669 103% Chol... 37 mg Sodium. 1036 mg Fiber.. 12.2 g Iron... 4.9* mg Calcium688.4* mg Vit A 11259* IU Vit C 50.0* mg Sugar 22.8*g 13.6%Cal Prot 31.1g 18.6%Cal Carb 95.7g 57.2%Cal T.Fat 18.9g 25.4%Cal S.Fat 4.1g 5.6%Cal	Nutrients Target Cals... 794 122% Chol... 40 mg Sodium. 1033 mg Fiber.. 6.5 g Iron... 5.0* mg Calcium612.5* mg Vit A 542* IU Vit C 14.2* mg Sugar 28.1*g 14.2%Cal Prot 24.6g 12.4%Cal Carb 128.7g 64.8%Cal T.Fat 21.8g 24.7%Cal S.Fat 4.4g 5.0%Cal	Nutrients Target Cals... 586 98% Chol... 53 mg Sodium. 817 mg Fiber.. 8.2* g Iron... 4.9* mg Calcium1048.7 mg Vit A 13490* IU Vit C 15.1* mg Sugar 16.2*g 11.0%Cal Prot 35.7g 24.4%Cal Carb 77.3g 52.8%Cal T.Fat 15.5g 23.8%Cal S.Fat 8.7*g 13.3%Cal	Nutrients Target Cals... 515 86% Chol... 22 mg Sodium. 1253 mg Fiber.. 11.9* g Iron... 5.7* mg Calcium826.5* mg Vit A 5431* IU Vit C 109.4* mg Sugar 18.5*g 14.4%Cal Prot 31.0g 24.1%Cal Carb 71.0g 55.2%Cal T.Fat 12.1g 21.2%Cal S.Fat 3.6*g 6.3%Cal
Nov - 23 POPCORN CHICKEN 1/2c ROASTED WEDG 1/2c CARROT STICKS FRUIT JELL-O MILK,1% Lowfat KETCHUP	Nov - 24	Nov - 25	Nov - 26	Nov - 27
Nutrients Target Cals... 597 100% Chol... 47 mg Sodium. 919 mg Fiber.. 6.7* g Iron... 2.4* mg Calcium345.1* mg Vit A 10669* IU Vit C 15.0* mg Sugar 15.6*g 10.4%Cal Prot 25.8g 17.3%Cal Carb 70.0g 46.9%Cal T.Fat 23.5g 35.4%Cal S.Fat 7.1*g 10.6%Cal				
Nov - 30 CORN DOG 1/2c BAKED FRIES 1/2c BEAN SALAD APRICOTS MILK,1% Lowfat KETCHUP				
Nutrients Target Cals... 608 100% Chol... 12 mg Sodium. 1053 mg Fiber.. 9.1* g Iron... 3.2* mg Calcium363.6* mg Vit A 869* IU Vit C 101.5* mg Sugar 12.7*g 8.3%Cal Prot 21.4g 14.1%Cal Carb 94.6g 62.2%Cal T.Fat 17.1g 25.3%Cal S.Fat 3.8*g 5.7%Cal				

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