LORAIN CITY SCHOOLS

coolcaf
FOOD • FUN • FRIENDS

Pre-K Breakfast November 2026

Complete your meal with Healthy Choices!
-Remember you must take a fruit, vegetable, or juice to complete your meal.
-All bread/grain items are 50% whole grain!
-Low-Fat White Milk

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Entrée:** Glazed Donut (2oz equiv. of grain) **Fruit:** Orange Juice (1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton	**3** **NO SCHOOL**	**4** **Entrée**: Chocolate Chip Benefit Bar (2oz Equiv. of Grain) **Fruit**: Orange Juice (1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton	**5** **Entrée:** Honey Cheerios (1oz equiv. of grain) **Fruit:** Fruit Juice (1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton	**6** **Entrée**: Tiger Grahams (1oz Equiv. of Grain) String Cheese (1oz equiv. of MMA) **Fruit**: Orange Juice (1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton
9 **Entrée:** Strawberry Crunch Mini Bagel (2oz equiv. of grain) **Fruit:** Orange Juice (1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton	**10** **Entrée:** Cocoa Puffs (2oz equiv. of grain) **Fruit:** Fruit juice (1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton	**11** **Entrée**: Cinni Minis (2oz equiv. of grain) **Fruit**: Orange Juice (1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton	**12** **Entrée:** Maple Mini Waffles (2oz equiv. of grain) **Fruit:** Fruit Juice 1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton	**13** **Entrée:** Cinnamon Bun Crackers (2oz equiv. grain) **Fruit:** Apple Juice (1/2 Cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton
16 **Entrée:** Pumpkin Bread (2oz equiv. of grain) **Fruit:** Orange Juice (1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton	**17** **Entrée:** Honey Cheerios (1oz equiv. of grain) **Fruit:** Fruit Juice(1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton	**18** **Entrée**: Powdered Sugar Donut (2oz equiv. of grain) **Fruit**: Orange Juice (1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton	**19** **Entrée:** Honey Cheerios (1oz equiv. of grain) **Fruit:** Fruit Juice(1/2 cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton	**20** **Entrée:** Cinnamon Pastry Swirl (2oz equiv. grain) **Fruit:** Apple Juice (1/2 Cup equiv.) **Milk:** 1% White Milk- 8oz/1 carton
23	**24**	**25**	**26**	**27**
30 **NO SCHOOL**				

Thanksgiving Break

November 9-13th: Eat Breakfast everyday for a chance to win an Ace and Friends Sticker Sheet!

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