LORAIN CITY SCHOOLS

coolcaf
FOOD • FUN • FRIENDS

Pre-K Lunch 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:** Hotdog (2oz equiv. of MMA & 2oz equiv. of grain) **Fruit:** ½ cup equiv. Diced Pears **Vegetable:**1/4 cup equiv of Mashed Potatoes **Milk:** 8oz/1 carton of 1% White milk	**3** **NO SCHOOL**	**4** **Entrée**: Chicken Dumplings (1oz equiv. of MMA & Grain) and Rice (1oz equiv. of grain) **Fruit:** ½ cup equiv: Applesauce **Vegetable**: ¼ cup equiv. Peas & Carrots Blend **Milk:** 8oz/ 1carton of 1% White Milk	**5** **Entrée**: Cheese Quesadilla (2oz eq of grain and 2oz eq. of MMA) **Fruit:** ½ cup equiv: Banana **Vegetable**: ¼ cup equiv. Kickin Pinto beans **Milk:** 8oz/ 1carton of 1% White Milk	**6** **Entrée:** Cheese Pizza Pepperoni Pizza (2oz equiv. of MMA & 2oz equiv of Grain) **Fruit:** ½ cup equiv: Oranges **Vegetable:** ¼ cup equiv. steamed corn **Milk**: 8oz/ 1carton of 1% White Milk
9 **Entrée:** Cheese pizza Sticks and Marinara (2oz equiv. of grain and 2oz equiv. of MMA) **Fruit:** ½ cup equiv. Diced Pears **Vegetable:**1/4 cup equiv of Crinkle Cut Fries **Milk:** 8oz/1 carton of 1% White milk	**10** **Entrée**: Beef Nachos (1.5 equiv. of MMA & 2oz equiv. of **grain)** **Fruit**: ½ cup equiv. Oranges **Vegetable**:1/4 cup equiv. Seasoned Refried Beans **Milk**: 8oz/1 carton of 1% White milk	**11** **Entrée:** Popcorn Chicken Potato Bowl (2oz equiv. MMA & .75oz Equiv. of grain) **Fruit:** ½ cup equiv. Applesauce **Vegetable**: ¼ cup equiv. Peas & Carrots Blend **Milk**: 8oz/ 1carton of 1% White Milk	**12** **Entrée**: Chicken Nuggets (2oz equiv. of MMA and 1oz equiv. of grain) **Fruit:** ½ cup equiv. Banana **Vegetable**: ¼ cup equiv. Tator Tots **Milk:** 8oz/ 1carton of 1% White Milk	**13** **Entrée:** Cheese Pizza Pepperoni Pizza (2oz equiv. of MMA & 2oz equiv of Grain) **Fruit:** ½ cup equiv: Diced Peaches **Vegetable:** ¼ cup equiv. Baby Carrots **Milk**: 8oz/ 1carton of 1% White Milk
16 **Entrée: Beef Soft Tacos** (2oz equiv. of MMA & 2oz equiv. of grain) **Fruit:** ½ cup equiv. Diced Pears **Vegetable:**1/4 cup equiv of Campfire Beans **Milk:** 8oz/1 carton of 1% White milk	**17** **Entrée:** Corndog (2oz equiv. of MMA & 2oz equiv. of Grain) **Fruit:** ½ cup equiv. Fruit Cocktail **Vegetable**:1/4 cup equiv. Tator Tots **Milk**: 8oz/1 carton of 1% White milk	**18** **Entrée:** Chicken Patty Sandwich (2oz MMA & 3oz equiv. of grain) **Fruit:** ½ cup equiv: Applesauce **Vegetable:** ¼ cup equiv. Fresh Broccoli **Milk:** 8oz/ 1carton of 1% White Milk **Apple Cider Day!**	**19** **Entrée**: Hotdog (2oz equiv. of MMA & 2oz equiv. of grain) **Fruit:** ½ cup equiv: Banana **Vegetable:** ¼ cup equiv. Spiral Seasoned Fries **Milk**: 8oz/ 1carton of 1% White Milk	**20** **Entrée:** Cheese Pizza Pepperoni Pizza (2oz equiv. of MMA & 2oz equiv of Grain) **Fruit**: ½ cup equiv: Apple **Vegetable:** ¼ cup equiv. Baby Carrots **Milk:** 8oz/ 1carton of 1% White Milk
23	**24**	**25**	**26**	**27**
30 **NO SCHOOL** **SUTQ DAY**				

Thanksgiving Break

November 18th: Apple Cider Day!- Free apple cider with a school lunch!

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