The Mustard Seed
Early Learning Center

## Menu for the month of

# November 2026

Note: Children under 2 years of age will have a substitute item for raw carrots & celery. Water is available to drink at all meals. Children under 2 are served whole milk, all others are served 2% milk.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 2<br>**Breakfast**<br>Cheese Breakfast Biscuit<br>Cheerios/Milk<br>**Lunch**<br>Spaghetti and Meat Sauce<br>Salad<br>Broccoli<br>Mixed Fruit<br>Milk<br>**Snack**<br>Lemon Squares<br>Apple Juice | 3<br>**Breakfast**<br>Cinnamon Wheat Toast<br>Sausage<br>Cheerios/Milk<br>**Lunch**<br>Chicken Salad and Crackers<br>Cucumbers<br>Steamed Carrots<br>Mandarin Oranges<br>Milk<br>**Snack**<br>Wheat Thins and Cream Cheese<br>Apple Juice | 4<br>**Breakfast**<br>Oatmeal<br>Fresh Fruit<br>Cheerios/Milk<br>**Lunch**<br>Cheese Enchilada Casserole<br>Spanish Rice<br>Beans<br>Grapes<br>Milk<br>**Snack**<br>Apple Slices<br>Apple Juice | 5<br>**Breakfast**<br>Banana Muffins<br>Vanilla Yogurt<br>Cheerios/Milk<br>**Lunch**<br>Chicken and Rice Casserole<br>Green Beans<br>Cole Slaw<br>Peaches<br>Milk<br>**Snack**<br>String Cheese<br>Apple Juice | 6<br>**Breakfast**<br>Scrambled Egg<br>Wheat Toast<br>Cheerios/Milk<br>**Lunch**<br>Fish Sticks<br>Pork N Beans<br>Mixed Vegetables<br>Banana<br>Milk<br>**Snack**<br>Goldfish and Raisins<br>Apple Juice |
| 9<br>**Breakfast**<br>Sausage Breakfast Biscuit<br>Cheerios/Milk<br>**Lunch**<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Steamed Broccoli<br>Pineapple<br>Milk<br>**Snack**<br>Celery Sticks and Cream Cheese<br>Apple Juice | 10<br>**Breakfast**<br>Waffles<br>Ham<br>Cheerios/Milk<br>**Lunch**<br>Teriyaki Chicken and Rice<br>Peas<br>Cole Slaw<br>Mixed Fruit<br>Milk<br>**Snack**<br>Banana<br>Apple Juice | 11<br>**Breakfast**<br>Oatmeal<br>Fresh Fruit<br>Cheerios/Milk<br>**Lunch**<br>Bean and Cheese Taco<br>Salad<br>Corn<br>Mandarin Oranges<br>Milk<br>**Snack**<br>Chips and Salsa<br>Apple Juice | 12<br>**Breakfast**<br>Blueberry Muffin<br>Vanilla Yogurt<br>Cheerios/Milk<br>**Lunch**<br>Sloppy Joe on Bun<br>Cucumber Salad<br>Mixed Vegetables<br>Pears<br>Milk<br>**Snack**<br>Fruit Crisp<br>Apple Juice | 13<br>**Breakfast**<br>Scrambled Egg<br>Wheat Toast<br>Cheerios/Milk<br>**Lunch**<br>Cheese Tortellini with Tomato Sauce<br>Green Beans<br>Steamed Carrots<br>Apple Slices<br>Milk<br>**Snack**<br>Trail Mix<br>Apple Juice |
| 16<br>**Breakfast**<br>Vegetable & Cheese Breakfast Biscuit<br>Cheerios/Milk<br>**Lunch**<br>Lasagna<br>Steamed Broccoli<br>Salad<br>Peaches<br>Milk<br>**Snack**<br>Cornbread<br>Apple Juice | 17<br>**Breakfast**<br>Biscuits and Sausage Gravy<br>Cheerios/Milk<br>**Lunch**<br>Chicken Alfredo<br>Green Beans<br>Cole Slaw<br>Pears<br>Milk<br>**Snack**<br>Vanilla Yogurt and Granola<br>Apple Juice | 18<br>**Breakfast**<br>Oatmeal<br>Fresh Fruit<br>Cheerios/Milk<br>**Lunch**<br>Chicken Quesadilla<br>Beans<br>Corn<br>Applesauce<br>Milk<br>**Snack**<br>Pretzels<br>Apple Juice | 19<br>**Breakfast**<br>Cinnamon Muffin<br>Vanilla Yogurt<br>Cheerios/Milk<br>**Lunch**<br>Meatballs<br>Mashed Potatoes & Gravy<br>Mixed Vegetables<br>Orange Slices<br>Milk<br>**Snack**<br>Low Fat Cottage Cheese with Fruit<br>Apple Juice | 20<br>**Breakfast**<br>Scrambled Eggs<br>Wheat Toast<br>Cheerios/Milk<br>**Lunch**<br>Tuna Sandwiches<br>Slice Pickles<br>Carrots<br>Pineapple<br>Milk<br>**Snack**<br>Vanilla Wafers<br>Apple Juice |
| 23<br>**Breakfast**<br>Ham & Cheese Breakfast Biscuit<br>Cheerios/Milk<br>**Lunch**<br>Turkey<br>Mashed Potatoes and Gravy<br>Green Beans<br>Applesauce<br>Milk<br>**Snack**<br>Bread Sticks and Marinara Sauce<br>Apple Juice | 24<br>**Breakfast**<br>French Toast<br>Ham<br>Cheerios/Milk<br>**Lunch**<br>Chicken Noodle Bake<br>Salad<br>Steamed Broccoli<br>Banana<br>Milk<br>**Snack**<br>Cheese and Crackers<br>Apple Juice | 25<br>**Breakfast**<br>Oatmeal<br>Fresh Fruit<br>Cheerios/Milk<br>**Lunch**<br>Crispy Tacos<br>Beans<br>Corn<br>Pineapple<br>Milk<br>**Snack**<br>Banana Bread<br>Apple Juice | NO SCHOOL<br>THANKSGIVING<br>**Breakfast**<br>Pumpkin Muffin<br>Vanilla Yogurt<br>Cheerios/Milk<br>**Lunch**<br>Chicken Pot Pie<br>Steamed Carrots<br>Cucumber Salad<br>Mixed Fruit<br>Milk<br>**Snack**<br>Vege Straws<br>Apple Juice | NO SCHOOL<br>THANKSGIVING<br>**Breakfast**<br>Scrambled Egg<br>Wheat Toast<br>Cheerios/Milk<br>**Lunch**<br>Cheese Pizza<br>Peas<br>Coleslaw<br>Apple Slices<br>Milk<br>**Snack**<br>Cheese Nips<br>Apple Juice |
| 30<br>**Breakfast**<br>Bacon and Cheese Breakfast Biscuit<br>Cheerios/Milk<br>**Lunch**<br>Beef Stroganoff<br>Green Beans<br>Salad<br>Pineapple<br>Milk<br>**Snack**<br>Strawberry Oatmeal Bars<br>Apple Juice | 1<br>**Breakfast**<br>Pancakes<br>Sausage<br>Cheerios/Milk<br>**Lunch**<br>Oven Baked Chicken<br>Mashed Potatoes and Gravy<br>Steamed Carrots<br>Bananas<br>Milk<br>**Snack**<br>Animal Crackers<br>Apple Juice | 2<br>**Breakfast**<br>Oatmeal<br>Fresh Fruit<br>Cheerios/Milk<br>**Lunch**<br>Bean and Cheese Chalupa<br>Spanish Rice<br>Corn<br>Applesauce<br>Milk<br>**Snack**<br>Carrots and Ranch Dressing<br>Apple Juice | 3<br>**Breakfast**<br>Apple Cinnamon Muffin<br>Vanilla Yogurt<br>Cheerios/Milk<br>**Lunch**<br>Personal Pizza<br>Cole Slaw<br>Peas<br>Pears<br>Milk<br>**Snack**<br>Cheese Nachos<br>Apple Juice | 4<br>**Breakfast**<br>Scrambled Egg<br>Wheat Toast<br>Cheerios/Milk<br>**Lunch**<br>Tuna Noodle Casserole<br>Cucumber Salad<br>Steamed Broccoli<br>Peaches<br>Milk<br>**Snack**<br>Chex Mix<br>Apple Juice |