

NOVEMBER 2025

Kulia School Age Care Program

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast:	1-2	3-5	6+	Lunch	1-2	3-5	6+	Snack	1-2	3-5	6+
Milk	1/2 cp	3/4 cp	1cp	Milk	1/2 cp	3/4 cp	1cp	Milk	1/2cp	3/4cp	1cp
Grain	1/2oz.	1/2oz. Eq.	1 oz. Eq.	Grain	1/2 oz.	1/2 oz. Eq.	1 oz. Eq.	Grain	1/2 oz.	1/2 oz. Eq.	1 oz. Eq.
Fruit	1/2 oz.	1/2 oz. Eq.	1 oz. Eq.	Fruit	1/4 bz	1/2 cp.	3/4 cp.	Fruit	1/4 bz	1/2 cp	3/4cp
				Vegetables	1/4 cp	1/2 cp.	1/2 cp.	Meat	1 oz	1.5 oz	2 oz
				Meat	1oz.	1.5oz	2 oz				

Multi-Grain, Cheerios, Peaches, Milk **3**

Pretzel, Cheese Sticks, Water

Wheat Thins, Water

Week 2

Raisin Bread w/Cream Cheese, Banana, Milk **4**

Egg Salad Sandwich on **Whole Grain Bread,** Apple Juice

Ritz Cracker, Water

Oatmeal, Mandarin Orange, Milk **5**

Cheese Nips, Mixed Fruit, Water

Vanilla Wafers, Water

Scrambled Eggs & Cheese, Pears **6**
Whole Grain Toast, Milk

Banana Muffin, Milk

Wheat Thins, Water

Waffles, Strawberries, Milk **7**

Carrot Sticks w/Ranch, **Whole Grain Ritz Crackers,** Water

Graham Crackers, Water

Kix Cereal, Apple Slices, Milk **10**

Swirl Bread w/Cream Cheese, Apple Juice

Wheat Thins, Water

Week 3

**Happy
Holiday
Center
Closed**

Yogurt, Granola, Blueberries Milk **12**

Turkey & Cheese on **Whole Grain Tortilla,** Water

Assorted Crackers, Water

Hardboiled Eggs, **Whole Grain Toast** w/Jelly, Oranges Slices, Milk **13**

Breadsticks w/Marinara, Cheese Sticks, Water

Vanilla Wafers, Water

Whole Grain Cinnamon Toast, Banana, Water **14**

Chicken N Biskit Crackers, Watermelon, Water

Cheese Nips, Water

Multi-Grain Cheerios, Mixed Fruit, Milk **17**

Saltine Crackers, Cheese & Ham Slices, Water

Chicken N Biskit Crackers, Water

Week 4

French Toast Sticks, Mandarin Oranges, Milk **18**

Sunflower Butter & Jelly, **Whole Grain Tortilla,** Milk

Saltine Crackers, Water

Oatmeal, Apple Slices, Milk **19**

Egg Salad Sandwich on Whole Grain Bread, Apple Juice

Goldfish Crackers, Water

Waffles, Blueberries, Milk **20**

Graham Crackers, Yogurt, Water

Pretzels, Water

Sausage Patty Biscuit, Melon, Water **21**

Carrot Sticks w/Ranch, **Whole Grain Ritz** Crackers, Water

Cheese Nips, Water

Kix Cereal, Pears, Milk **24**

Taco Chips, Shredded Cheese, Salsa, Water

Teddy Grahams, Water

Week 5

Bagel w/Cream Cheese, Pineapple Chunks, Milk **25**

Egg Salad Sandwich on Whole Grain Bread, Apple Juice

Whole Grain Ritz Crackers, Water

Scramble Eggs w/Cheese, Mandarin Oranges, **Whole Grain Tortilla,** Milk **26**

Blueberries Muffin, Grape Juice

Cheese Nips, Water

**Happy
Holiday
Center
Closed**

Whole Grain Toast w/Sunflower Butter, Banana, Milk **28**

Swirl Bread w/Cream Cheese, Grape Juice

Saltine Crackers, Water