

NOVEMBER 2026

Kulia School Age Care Program

Monday

Multi-Grain Cheerios, mixed Fruit, Milk **2**

Saltine Crackers, Cheese & Ham Slices, Water

Chicken N Biskit Crackers, Water

Week 4

Kix Cereal, Pears, Milk **9**

Taco Chips, Shredded Cheese, Salsa, Water

Teddy Graham, Water

Week 5

Kix Cereal, Mandin Oranges, Milk **16**

Teddy Graham, Grapes, Water

Swirl Bread, Water

Week 1

Multi-Grain Cheerios, Peaches, Milk **23**

Pretzels, Cheese Sticks, Water

Chicken N Biskit Crackers, Water

Week 2

Kix Cereal, Apple Slices, Milk **30**

Swirl Bread w/Cream Cheese, Apple Juice,

Wheat Thins, Water

Week 3

Tuesday

French Toast Stick, Mandarin Oranges, Milk **3**

Sunflowers Butter & Jelly on **Whole Grain Tortilla**, Milk

Saltine Crackers, Water

Bagel w/Cream Cheese, Pineapple Chunks, Milk **10**

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

Whole Grain Ritz Crackers, Water

Whole- Grain Cinnamon Toast, Applesauce, Milk **17**

Wheat Thins, Dried Fruit, Cheese, Stick, Water

Saltine Cracker, Water

Raisin Bread w/Cream Cheese, Banana, Milk **24**

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

Ritz Crackers, Water

Wednesday

Oatmeal, Apple Slices, Milk **4**

Egg Salad Sandwich on Whole Grain Bread, Apple Juice

Goldfish Crackers, Water

Scrambled Eggs w/Cheese, Mandarin Oranges, **Whole Grain Tortilla**, Milk **11**

Blueberry Muffin, Grape Juice

Cheese Nips, Water

French Toast Sticks, Mixed Fruit, Milk **18**

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

Goldfish Crackers Water

Oatmeal, Mandarin Oranges, Milk **25**

Cheese Nips, Mixed Fruit, Water

Vanilla Wafer, Water

Thursday

Waffles, Blueberries, Milk **5**

Graham Crackers, Yogurt, Water

Pretzels, Water

Multi-Grain Cheerios, Strawberries, Milk **12**

Breadsticks w/Marinara, Cheese Stick, Water

Graham Crackers, Water

Sausage Patty Biscuit, Blueberries, Milk **19**

Ham & Cheese **Tea Roll**, Water

Cheese Nips, Water

Scrambled Eggs & Cheese, Pears **Whole Grain Toast**, Milk **26**

Banana Muffin, Milk

Wheat Thins, Water

Friday

Sausage Patty, Biscuit, Melon, Milk **6**

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

Cheese Nips, Water

Whole-Grain Toast W/Sunflower Butter, Banana, Milk **13**

Swirl Bread w/Cream Cheese, Grape Juice

Saltine Crackers, Water

English Muffins w/Cheese, Pineapple, Milk **20**

Bagel w/Cream Cheese, Grape Juice

Vanilla Wafer, Water

Waffles, Strawberries, Milk **27**

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

Graham Crackers, Water

	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 oz	1/2 cp.	1/4 cp.	Fruit	1/4 oz	1/2 cp	3/4cp
					Vegetables	1/4 cp	1/2 cp.	1/4 cp				
					Meat	1oz	1.5 oz	2 oz	Meat	1 oz	1.5 oz	2 oz