

NOV 3-7	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WG Oatmeal ½ oz eq Raisins ¼ c 1% milk 6oz	WG Scooter cereal 1 each 100% OJ 4oz 1% milk 6oz	Chicken sausage ½ oz Applesauce ½ c 1% milk 6oz	WW Bagel ½ oz eq banana 1 each 1% milk 6oz	WG Corn muffin 1 each Peaches ½ c 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH DIABETES AWARENESS MONTH	<u>Turkey Sandwich</u> Turkey 1 ½ oz WW Bread 1 each Peas & Carrots ¼c Pineapple ¼ c 1% milk 6oz	<u>Chicken Nugget</u> Chicken nugget 1 ½ oz WW Bread ½ ea. Mashed potato ¼c Oranges ¼ c 1% milk 6oz	<u>Mac & Cheese</u> WG Elbow macaroni ½ oz eq Cheddar 1 ½ oz Green bean ¼ c Fruit cocktail ¼ c 1% milk 6oz	<u>Fish Sticks</u> WGR Fish sticks 1 ½ oz Corn ¼ c Oranges ¼ c 1% milk 6oz	<u>Pizza</u> WGR Cheese pizza 1 each Broccoli ¼ c Pears ¼ c 1% milk 6oz	Benefits for kids to eat their school breakfast: BETTER CONCENTRATION INCREASED SCHOOL ATTENDANCE IMPROVES ACADEMIC PERFORMANCE
SNACK	Sliced apples ½ c Granola ½ oz eq Water	Yogurt ¼ c Peach ½ c Water	WG Animal crackers 1pk 100% apple juice 4oz	Blue corn chips ½ oz eq Mozzarella cheese 1oz Water	WG Goldfish 1 pk 100% grape juice 4oz	

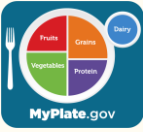
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

NOTE: Substitutions are met for each meal component based on food allergies

NOV 10-14	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	Yogurt ¼ c Blueberries ½ c 1% milk 6oz	WG pancake ½ oz eq Apples ½ c 1% milk 6oz	WGR English muffin ½ oz eq Oranges ½ c 1% milk 6oz	WGR Waffle ½ oz eq Strawberries ½ c 1% milk 6oz	Scrambled eggs ½ oz eq WW Toast ½ oz eq 100% OJ 4oz 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH	<u>Sweet & sour tofu</u> Tofu 1 ½ oz WG Br rice ½ oz eq Bokchoy ¼ c Pineapple ¼ c 1% milk 6oz	<u>Turkey & Collards</u> Turkey 1 ½ oz WG Elbow macaroni ½ oz eq Collards ¼ c Peaches ¼ c 1% milk 6oz	<u>Egg Salad</u> Hard cooked eggs 1 ½ oz WW Bun 1 each Coleslaw ¼ c Pears ¼ c 1% milk 6oz	<u>Grilled Cheese</u> WW Bread 1 each Cheddar 1 ½ oz Carrots ¼ c Pineapple ¼ c 1% milk 6oz	<u>Meatloaf</u> Beef meatloaf cn 1 each WGR Biscuit ½ oz eq Green bean ¼ c Fruit cocktail ¼ c 1% milk 6oz	Make healthy lifestyle changes  And reduce risk of diabetes
SNACK	WG Sweet potato crackers ½ oz eq 100% cran-apple juice 4oz	WG Cornbread ½ oz eq 100% apple juice 4oz	Pickles ½ c Mozzarella cheese stick 1 each Water	WG Graham crackers ½ oz eq 100% grape juice 4oz	WG Rice cakes ½ oz eq Sun butter ½ oz Water	

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NOV 17-21	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WGR French Toast ½ oz eq Blueberries ½ c 1% milk 6oz	WG Oatmeal ½ oz eq Raisins ¼ c 1% milk 6oz	WG Scooter cereal 1 each 100% OJ 4oz 1% milk 6oz	Chicken sausage ½ oz eq Applesauce ½ c 1% milk 6oz	WW Bagel ½ oz eq banana 1 each 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH	<u>Sloppy joe</u> Gr Turkey ½ oz eq WW Bun 1 each Corn ¼ c Peach ¼ c 1% milk 6oz	<u>Turkey Sandwich</u> Turkey 1 ½ oz WW Bread 1 each Peas & Carrots ¼c Pineapple ¼ c 1% milk 6oz	<u>Chicken Nugget</u> Chicken nugget 1 ½ oz WW Bread ½ ea. Mashed potato ¼c Oranges ¼ c 1% milk 6oz	<u>Mac & Cheese</u> WG Elbow macaroni ½ oz eq Cheddar 1 ½ oz Green bean ¼ c Fruit cocktail ¼ c 1% milk 6oz	<u>Fish Sticks</u> WGR Fish sticks 1 ½ oz Corn ¼ c Oranges ¼ c 1% milk 6oz	Make healthy lifestyle changes  And reduce risk of diabetes
SNACK	Cheddar Cheese ½ oz WW crackers ½ oz eq Water	Sliced apples ½ c Granola ½ oz eq Water	Yogurt ¼ c Peach ½ c Water	B-Day Celebration Baked Sweet potato ½ c WG Animal crackers ½ oz eq Whip cream Water	Blue corn chips ½ oz eq Mozzarella cheese 1oz Water	

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NOV 24-28	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WG Corn muffin 1 each Peaches ½ c 1% milk 6oz	Yogurt ¼ c Blueberries ½ c 1% milk 6oz	WG pancake ½ oz eq Apples ½ c 1% milk 6oz			Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop *Recipe
LUNCH	<u>Pizza</u> WGR Cheese pizza 1 each Broccoli ¼ c Pears ¼ c 1% milk 6oz	<u>Sweet & sour tofu</u> Tofu 1 ½ oz WG Br rice ½ oz eq Bokchoy ¼ c Pineapple ¼ c 1% milk 6oz	<u>Turkey & Collards</u> Turkey 1 ½ oz WG Elbow macaroni ½ oz eq Collards ¼ c Peaches ¼ c 1% milk 6oz	SCHOOL CLOSED	SCHOOL CLOSED	Make healthy lifestyle changes  And reduce risk of diabetes
SNACK	WG Goldfish 1 pk 100% grape juice 4oz	WG Sweet potato crackers ½ oz eq 100% cran-apple juice 4oz	WG Cornbread ½ oz eq 100% apple juice 4oz	THANKSGIVING		

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2025