



Sprouts Early Learning Academy

November Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast week 1 & 3	Mini pancakes, oranges, milk	life, bananas, milk	Waffles,blueberries, milk	bagels, applesauce, milk	Greek yogurt, strawberries,milk
Breakfast week 2 & 4	Mini pancakes, oranges, milk	English muffin & pb,bananas, milk	Waffles, blueberries,milk	Rice Krispies, applesauce,milk	Greek yogurt, strawberries,milk
Daily Snack	String cheese, & crackers	Trail mix, gogo applesauce	Goldfish, gogurt	cheddar rice cakes,apples	Simply Cheetos, craisins
	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	11/3/2025	11/4/2025	11/5/2025	11/6/2025	11/7/2025
	Chef Salad w/ham, cucumbers,mixed berries, milk	chicken strips,veggie blend,melon,milk	Spaghetti,carrots,pinea pple,milk	Softshell beef tacos, corn, mixed fruit,milk	Beef Ravioli, cottage cheese,peaches,milk
	11/10/2025	11/11/2025	11/12/2025	11/13/2025	11/14/2025
	Mac n Cheese,green beans, pears,milk	Cheeseburger,pickles, mixed friut,milk	French toast sticks,sausage,waterm elon, milk	Ham&cheese slider,oranges,mixed veggie, milk	Pepperoni pizza,zucchini,peaches ,milk
	11/17/2025	11/18/2025	11/19/2025	11/20/2025	11/21/2025
	Meatballs in sauce,Garlic cheese bread, pears,milk	tator tot casserole,green beans,berries,milk	Chicken lo mein,peas & carrots,pineapple,milk	Tomato Soup, Grilled Cheese, peaches, milk	chicken patty,corn,mixed fruit,milk
	11/24/2025	11/25/2025	11/26/2026	11/27/2025	11/28/2025
	Alfredo, broccoli normandy, mixed fruit, milk	Chicken bites, mixed veggies,melon,milk	Chicken pot pie pasta, mixed veggies,peaches,milk	CLOSED	CLOSED