# Sprouts Early Learning Academy
# November Meal Plan

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Breakfast Week 1 & 3** | Mini pancakes, oranges, milk | life cereal, bananas, milk | Waffles, blueberries, milk | bagels, applesauce, milk | Greek yogurt, strawberries, milk |
| **Breakfast Week 2 & 4** | Mini pancakes, oranges, milk | English muffin & peanut butter, | Waffles, blueberries, milk | Rice Krispies, applesauce, milk | Greek yogurt, strawberries, milk |
| **Daily Snack** | Pepperoni, cheese sticks | Trail mix, gogo applesauce | Goldfish, gogurt | apples,crackers | Simply Cheetos, craisins |
| | **Monday** 11/2/2026 | **Tuesday** 11/3/2026 | **Wednesday** 11/4/2026 | **Thursday 11/5/2026** | **Friday 11/6/2026** |
| | Meatballs in sauce, garlic bread, berries, milk | Chicken Alfredo, mixed veggies,pears, milk | Turkey sliders, mixed fruit, broccoli normandy, milk | Walking tacos, corn, pineapple, milk | Tator tot casserole, green beans, peaches, milk |
| **Lunch** | **11/9/2026** | **11/10/2026** | **11/11/2026** | **11/12/2026** | **11/13/2026** |
| | Corndogs, carrots, grapes, milk | chicken strips, tater tots, melon, milk | Spaghetti w/ meat sauce, carrots, pineapple, milk | Softshell beef tacos, corn, mixed fruit, milk | pizza sticks, pears, green beans, milk |
| | **11/16/2026** | **11/17/2026** | **11/18/2026** | **11/19/2026** | **11/20/2026** |
| | Mac n Cheese, broccoli normany, berries,milk | french toast,sausage, pears, milk | cavatelli, green beans, mixed fruit, milk | Chicken lo mein, peas & carrots, pineapple, milk | Pepperoni pizza, broccoli w/ranch, peaches, milk |
| | **11/23/2026** | **11/24/2026** | **11/25/2026** | **11/26/2026** | **11/27/2026** |
| | Cheeseburger, pickles, mixed fruit, milk | Ham & Cheese sliders, green beans, berries, milk | Chicken Noodles, corn, peaches, milk | CLOSED | CLOSED |
| | **11/30/2026** | | | | |
| | cheeseburger mac, cucumbers, apples milk | | | | |