Forest Park Christian Early Learning Center
Weekly Menu November 2, 2026

CACFP is an indicator of quality child care.

MEAL COMPONENT		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 11/2/2026	TUESDAY 11/3/2026	WEDNESDAY 11/4/2026	THURSDAY 11/5/2026	FRIDAY 11/6/2026
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Tropical Fruit	Pineapples	Mandarin Oranges	Mango Peaches Applesauce
	Grain/Meat[+]	1/2 oz eq	1/2 oz eq	1 oz eq	Cinnamon Toast Crunch	Honey Kix Cereal	Cheerios Cereal	Rice Chex	Blueberry Mini Wheats
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas	Corn	Carrots	Green Beans	Salad
	Fruit[*]	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Applesauce	Pears	Peaches	Banana
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Tortilla	WG Breading	WG Tortilla	WG Breading	WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Cheese Quesadilla	Turkey Corn Dog	Chicken Burritos	Sloppy Joe	Cheese Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup		Milk		Milk	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	100% Fruit Punch Juice		100% Fruit Punch Juice	Peaches	Mixed Fruit
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq		WG Pretzel		Graham Cracker	Granola Oats
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	Cheddar SunChips		Mozzarella Sticks		Yogurt

[+] Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. [*] The fruit component at lunch may be substituted by an additional vegetable
[+] A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

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Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free

At least one meal ingredient per day must be whole grain-rich.

One 8 oz. glass of water per year of age until 8 years old.
8 yrs old + | 6-8 8 oz. glasses per day.

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Forest Park Christian Early Learning Center

Weekly Menu November 9, 2026

CACFP is an indicator of quality child care.

MEAL COMPONENT		AGES 1-2	AGE S 3-5	AGES 6-18	MONDAY 11/9/26	TUESDAY 11/10/26	WEDNESDAY 11/11/26	THURSDAY 11/12/26	FRIDAY 11/13/2026
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Pineapples	Pears	Tropical Fruit	Cinnamon Applesauce
	Grain/Meat[+]	1/2 oz eq	1/2 oz eq	1 oz eq	Rice Chex	Cheerios	Quaker Oats Square	Cinnamon Muffins	Honey Kix Cereal
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet Potato Fries	Mixed Vegetables	Carrots	Green Beans Mixed With Corn	Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Apple Slices	Fruit Cocktail	Applesauce	Pineapples	Grapes
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bun	WG Noodles	WG Grilled Cheese	WG Bun	WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	All Beef Hamburger	Chicken Alfredo	Tomato Soup	BBQ Pulled Chicken Sandwich	Cheese Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Water		Water	Milk	
	Fruit	1/2 cup	1/2 cup	3/4 cup	Apple Sauce	100% Fruit Punch Juice	Tropical Fruit Mix		100% Fruit Punch Juice
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers	WG Cool Ranch Doritos	WG Chex Mix	Banana Bread	Baked Cheetos
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					

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Forest Park Christian Early Learning Center
Weekly Menu November 16, 2026

CACFP is an indicator of quality child care.

MEAL COMPONENT		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 11/16/2026	TUESDAY 11/17/2026	WEDNESDAY 11/18/2026	THURSDAY 11/19/2026	FRIDAY 11/20/2026
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Peaches	Mango Peach Applesauce	Pears	Tropical Fruit	Applesauce
	Grain/Meat[†]	1/2 oz eq	1/2 oz eq	1 oz eq	Rice Chex	Cheerios	Cinnamon Chex	Blueberry Muffins	Cinnamon Toast Crunch
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cauliflower	Carrots	Peas	Oven Steak Fries	Salad
	Fruit[*]	1/8 cup	1/4 cup	1/4 cup	Fruit Cocktail	Pineapples	Apple Slices	Mandarin Oranges	Peaches
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Breading	WG Breading	WG Breading	WG Bread	WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Fish Sticks	Chicken Nuggets	Bosco Sticks	Turkey Cheese Sandwich	Cheese Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Water		Milk	Milk	Milk
	Fruit	1/2 cup	1/2 cup	3/4 cup	Mixed Fruit	100% Fruit Punch Juice			
	Vegetable	1/2 cup	1/2 cup	3/4 cup					PopCorners
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Chex mix		WG Goldfish	Dried Fruit and Cereal	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz		Mozzarella Cheese			

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Weekly Menu November 23, 2026

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MEAL COMPONENT		AGES 1-2	AGES 3-5	AGES 6-18	MONDAY 11/23/2025	TUESDAY 11/24/2025	WEDNESDAY 11/25/2025	THURSDAY 11/26/2025	FRIDAY 11/27/2025
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Closed For Thanksgiving Holiday	
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Mango Peach Applesauce	Mandarin Oranges	Tropical Mixed Fruit		
	Grain/Meat+	1/2 oz eq	1/2 oz eq	1 oz eq	Trix	Blue Berry Chex	Frosted Mini Wheats		
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk		
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Mixed Vegetables	Baked Sweet Potatoes		
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Grapes	Peaches	Apple Slices		
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Spaghetti	WG Bun	WG Rolls		
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Ground Hamburger & Spaghetti Sauce	Beef Hot Dog	Smothered Chicken and Dressing		
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Milk	Milk			
	Fruit	1/2 cup	1/2 cup	3/4 cup			100% Fruit Punch Juice		
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Cheez-its	WG Mini Pancakes	WG Nacho Cheese Doritos		
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz					

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Weekly Menu Nov 30, 2026

CACFP is an indicator of quality

MEAL COMPONENT		AGES 1-2	AGE S 3-5	AGES 6-18	MONDAY 11/30/2026	TUESDAY 12/1/2026	WEDNESDAY 12/2/2026	THURSDAY 12/3/2026	Friday 12/4/2026
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	Pineapples	Tropical Fruit	Cinnamon Applesauce	Mandrin Oranges	Peaches
	Grain/Meat[+]	1/2 oz eq	1/2 oz eq	1 oz eq	Oatmeal Squares	Rice Krispie Cereal	Trix	Tropical Fruit	Cheerios
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Mixed Vegtables	Carrots & Peas	Corn	Salad
	Fruit*	1/8 cup	1/4 cup	1/4 cup	Mandrin Oranges	Peaches	Pineapples	Pears	Applesauce
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Tortilla	WG Bun	WG Breading	Nacho Cheese Doritos	WG Crust
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	Chicken Quesadilla	Chicken Sandwich	Fish Sticks	Ground Beef Walking Tacos	Cheese Pizza
SNACK	Milk	1/2 cup	1/2 cup	1 cup	Milk	Milk	Water	Milk	
	Fruit	1/2 cup	1/2 cup	3/4 cup			Tropical Fruit		100% Fruit Punch Juice
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq		Pita Chips	Animal Crackers	Banana Bread	
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	Cinnamon Muffins				Cheddar SunChips

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