

Co-op Family Center November 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
11/3 Breakfast: Cornflakes, bananas, milk Lunch: Spaghetti, shredded cheese, zucchini, cantaloupe, milk Snack: Garden spread, wheat thins, water	11/4 Breakfast: Yogurt, granola, blueberries, milk Lunch: Pizza, garden salad, watermelon, milk Snack: Black bean hummus, homemade tortilla chips, water	11/5 Breakfast: Blueberry pancakes, applesauce, milk Lunch: Bean burrito, sweet potatoes, honeydew, milk Snack: Cheese cubes, grapes, water	11/6 Breakfast: Oatmeal, mixed berries, milk Lunch: Minestrone soup, cheese stick, rolls, pears, milk Snack: Peanut butter dip, apples, water	11/7 Breakfast: French toast, oranges, milk Lunch: Vegetable fried rice, scrambled eggs, pineapple, milk Snack: Banana bread, milk
11/10 Breakfast: Kix cereal, bananas, milk Lunch: Tomato pasta soup, cheese stick, carrot stick, honeydew, milk Snack: Yogurt, peaches, water	11/11 CLOSED FOR HOLIDAY	11/12 Breakfast: Potato cheese pita bites, oranges, milk Lunch: Cheese quesadilla, pinto beans, sweet potatoes, watermelon, milk Snack: Cheese ball, triscuits, milk	11/13 Breakfast: Scrambled eggs, hash browns, milk Lunch: Peanut noodles, tofu bites, pineapple, milk Snack: Bran muffins, milk	11/14 Breakfast: Pumpkin waffles, applesauce, milk Lunch: Mexican rice, black beans, corn, pears, milk Snack: Peanut butter banana roll-ups, milk
11/17 Breakfast: Cheerios, bananas, milk Lunch: Baked ziti, delicata squash, honeydew, milk Snack: Bean dip, pita chips, water	11/18 Breakfast: Egg & cheese sandwich bites, milk Lunch: Tempeh chili, shredded cheese, cornbread, cantaloupe, milk Snack: Celery, peanut butter, raisins, water	11/19 Breakfast: Bagels, cream cheese, oranges, milk Lunch: Corn chowder, oyster crackers, cheese stick, watermelon, milk Snack: Morning glory muffin, milk	11/20 Breakfast: Cream of wheat, mixed berries, milk Lunch: One step rice, cauliflower, pineapple, milk Snack: Strawberries, kiwi & grapes, dip, milk	11/21 Breakfast: Banana pancakes, blueberries, milk Lunch: Chimichangas, sweet potatoes, pears, milk Snack: Trail mix, apple juice
11/24 Breakfast: Honey bunches of Oats, bananas, milk Lunch: Grilled cheese, roasted potatoes, honeydew, milk Snack: Smoothies, pretzels, water	11/25 Breakfast: Oat fruit squares, mixed berries, milk Lunch: Quick bake potatoes, rolls, cheese stick, cantaloupe, milk Snack: Pizza bites, milk	11/26 Breakfast: Breakfast burrito, oranges, milk Lunch: Mac & cheese, peas, corn & carrots, watermelon, milk Snack: Blueberry muffins, milk	11/27 CLOSED FOR HOLIDAY	11/28 CLOSED FOR HOLIDAY

The Co-op is an equal opportunity employer.