Co-op Family Center

November 2026 Menu

Notes about this month's menu:

Monday	Tuesday	Wednesday	Thursday	Friday
11/2	**11/3**	**11/4**	**11/5**	**11/6**
Breakfast: Kix cereal, banana's, milk	**Breakfast:** Sweet potato pancakes, applesauce, milk	**Breakfast:** Breakfast burritos, oranges, milk	**Breakfast:** Strawberry squares, mixed berries, milk	**Breakfast:** Yogurt, granola, blueberries, milk
Lunch: Minestrone soup, shredded cheese, oyster crackers, cantaloupe, milk	**Lunch:** Chimichangas, zucchini, watermelon, milk	**Lunch:** Garden curried rice, tofu bites, pineapple, milk	**Lunch:** Lasagna, spaghetti squash, pears, milk	**Lunch:** Quick bake potatoes, cheese stick, rolls, honeydew, milk
Snack: Peanut butter dip, pretzels, water	**Snack:** Strawberries, cheese slices, water	**Snack:** Bean dip, pita chips, water	**Snack:** Trail mix, apple juice	**Snack:**
11/9	**11/10**	**11/11**	**11/12**	**11/13**
Breakfast: Corn chex, bananas, milk	**Breakfast:** Pumpkin pancakes, applesauce, milk	***Veterans Day (Co-op Closed)***	**Breakfast:** Cream of wheat, mixed berries, milk	**Breakfast:** Waffles, blueberries,milk
Lunch: Mac & cheese, broccoli, watermelon, milk	**Lunch:** Tacos; corn tortillas, pinto beans, coleslaw, cheese, pineapple, milk		**Lunch:** Red lentil dahl, naan bread, cheese stick, pears, milk	**Lunch:** Pizza, garden salad, cantaloupe, milk
Snack: Hard boiled eggs, wheat thins, water	**Snack:** Cheese cubes, mandarin oranges, water		**Snack:** Bran muffins, milk	**Snack:** Carrots, peppers, broccoli, dip, milk
11/16	**11/17**	**11/18**	**11/19**	**11/20**
Breakfast: Life cereal, bananas, milk	**Breakfast:** Potato cheese pitas, oranges, milk	**Breakfast:** Blueberry pancake, mixed berries, milk	**Breakfast:** Scrambled eggs, hash browns, milk	**Breakfast:** Oat fruit squares, applesauce, milk
Lunch: Baked ziti, delicata squash, honeydew, milk	**Lunch:** Cheese quesadilla, pinto bean sweet potatoes, cantaloupe, milk	**Lunch:** Peanut noodles, tofu bites pineapple, milk	**Lunch:** Mexican rice, black beans, corn, watermelon, milk	**Lunch:** Navy bean soup, shredded cheese, bread stick, pears, milk
Snack: Garden spread, triscuits, water	**Snack:** Yogurt, peaches, water	**Snack:** Banana bread, milk	**Snack:**	**Snack:** Pizza bites, milk
11/23	**11/24**	**11/25**	**11/26**	**11/27**
Breakfast: Honey bunches of O's, bananas, milk	**Breakfast:** Pumpkin waffles, applesauce, milk	**Breakfast:** Bagels, cream cheese, blueberries, milk	***Thanksgiving Vacation (Co-op Closed)***	
Lunch: Pan fried noodles, scrambled eggs, broccoli, pineapple, milk	**Lunch:** Grilled cheese sandwich, roasted potatoes, watermelon, milk	**Lunch:** Tomato pasta soup, carrot sticks, cheese stick, honeydew, milk		
Snack: Smoothies, pretzels, water	**Snack:** Power balls, milk	**Snack:** Morning glory muffins, milk		

The Co-op Family Center is an equal opportunity provider.