Mid Island Y JCC Early Childhood Center

November Lunch Menu 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets Vegetable Salad / Fruit	3 Election Day Tuna & Whole Wheat Bread Vegetable Salad/Fruit	4 Bagel & Spreads String Cheese Vegetable / Fruit	5 French Toast Sticks Yogurt Vegetable Salad/Fruit	6 Macaroni & Cheese Vegetable Salad / Fruit
9 Chicken Nuggets Vegetable Salad / Fruit	10 Turkey & Whole Wheat Bread Vegetable Salad / Fruit	11 THANK YOU VETERANS **School Closed**	12 FishSticks Vegetable Salad/Fruit	13 Grilled Cheese Vegetable Salad / Fruit
16 Chicken Nuggets Vegetable Salad / Fruit	17 Tuna & Whole Wheat Bread Vegetable Salad/Fruit	18 Bagel & Spreads String Cheese Vegetable / Fruit	19 French Toast Sticks Yogurt Vegetable Salad/Fruit	20 Macaroni & Cheese Vegetable Salad / Fruit
23 Chicken Nuggets Vegetable Salad / Fruit	24 Turkey & Whole Wheat Bread Vegetable Salad / Fruit	25 Bagel & Spreads String Cheese Vegetable / Fruit	26 HAPPY THANKSGIVING **School Closed**	27 **School Closed**
30 Chicken Nuggets Vegetable Salad / Fruit				

Our menu was reviewed following the CACFP nutrition guidelines and approved by nutritionist Sara Barsky-Weiss, MS, RDN, CND. The CACFP guidelines indicate food group choices as well as portion sizes. Please feel free to send in peanut/tree nut free, kosher options as substitutions or to supplement your child's meal if needed. Breakfast of milk, cereal & fruit is served daily until 8:30am. All snacks provided are whole grain and are accompanied by a fruit or protein.