

# Breakfast · November 2026

Arcadia Preschool Montessori Academy · Monthly Menu

**WGR** Whole Grain Rich  
**WW** Whole Wheat  
**MGR** Multi Grain

| SUNDAY                                                                                                                                                | MONDAY                                                          | TUESDAY                                                             | WEDNESDAY                                                             | THURSDAY                                                                | FRIDAY                                                                       | SATURDAY                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br><b>AGES 1-2 SERVING</b><br>4 Fluid Ounces Whole Milk<br>Vegetable/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup, ½ Cup,<br>¾ Cup, ⅙ Cup  | <b>2</b><br><b>WGR</b> French Toast<br>Peaches<br>Milk & Water  | <b>3</b><br><b>WGR</b> Waffles<br>Pineapple Chunks<br>Milk & Water  | <b>4</b><br>All Bran Wheat Cereal<br>Banana Slices<br>Milk & Water    | <b>5</b><br><b>WGR</b> Chex Cereal<br>Mandarin Oranges<br>Milk & Water  | <b>6</b><br><b>WGR</b> Croissant & Jelly<br>Apple Sauce<br>Milk & Water      | <b>7</b><br><b>AGES 3-5 SERVING</b><br>6 Fluid Ounces 1% Milk<br>Vegetable/Fruit ½ Cup<br>Grain ½ Slice/Serving<br>¼ Cup, ½ Cup<br>¾ Cup, ⅙ Cup  |
| <b>8</b><br><b>AGES 1-2 SERVING</b><br>4 Fluid Ounces Whole Milk<br>Vegetable/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup, ½ Cup,<br>¾ Cup, ⅙ Cup  | <b>9</b><br>Oatmeal<br>Apple Slices<br>Milk & Water             | <b>10</b><br><b>WGR</b> Pancakes<br>Peach Slices<br>Milk & Water    | <b>11</b><br><div>Veterans Day<br/>SCHOOL CLOSED</div>                | <b>12</b><br>English Muffins<br>Mandarin Oranges<br>Milk & Water        | <b>13</b><br><b>WW</b> Bagel & Cream Cheese<br>Orange Slices<br>Milk & Water | <b>14</b><br><b>AGES 3-5 SERVING</b><br>6 Fluid Ounces 1% Milk<br>Vegetable/Fruit ½ Cup<br>Grain ½ Slice/Serving<br>¼ Cup, ½ Cup<br>¾ Cup, ⅙ Cup |
| <b>15</b><br><b>AGES 1-2 SERVING</b><br>4 Fluid Ounces Whole Milk<br>Vegetable/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup, ½ Cup,<br>¾ Cup, ⅙ Cup | <b>16</b><br><b>WGR</b> French Toast<br>Peaches<br>Milk & Water | <b>17</b><br><b>WGR</b> Waffles<br>Pineapple Chunks<br>Milk & Water | <b>18</b><br>All Bran Wheat Cereal<br>Banana Slices<br>Milk & Water   | <b>19</b><br><b>WGR</b> Chex Cereal<br>Mandarin Oranges<br>Milk & Water | <b>20</b><br><b>WGR</b> Croissant & Jelly<br>Apple Sauce<br>Milk & Water     | <b>21</b><br><b>AGES 3-5 SERVING</b><br>6 Fluid Ounces 1% Milk<br>Vegetable/Fruit ½ Cup<br>Grain ½ Slice/Serving<br>¼ Cup, ½ Cup<br>¾ Cup, ⅙ Cup |
| <b>22</b><br><b>AGES 1-2 SERVING</b><br>4 Fluid Ounces Whole Milk<br>Vegetable/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup, ½ Cup,<br>¾ Cup, ⅙ Cup | <b>23</b><br>Oatmeal<br>Apple Sauce<br>Milk & Water             | <b>24</b><br><b>WGR</b> Pancakes<br>Pears Slices<br>Milk & Water    | <b>25</b><br><b>MGR</b> Cheerio Cereal<br>Pear Slices<br>Milk & Water | <b>26</b><br><div>Thanksgiving<br/>SCHOOL CLOSED</div>                  | <b>27</b><br><div>Day After Thanksgiving<br/>SCHOOL CLOSED</div>             | <b>28</b><br><b>AGES 3-5 SERVING</b><br>6 Fluid Ounces 1% Milk<br>Vegetable/Fruit ½ Cup<br>Grain ½ Slice/Serving<br>¼ Cup, ½ Cup<br>¾ Cup, ⅙ Cup |
| <b>29</b><br><b>AGES 1-2 SERVING</b><br>4 Fluid Ounces Whole Milk<br>Vegetable/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup, ½ Cup,<br>¾ Cup, ⅙ Cup | <b>30</b><br>French Toast<br>Peaches<br>Milk & Water            |                                                                     |                                                                       |                                                                         |                                                                              | <b>AGES 3-5 SERVING</b><br>6 Fluid Ounces 1% Milk<br>Vegetable/Fruit ½ Cup<br>Grain ½ Slice/Serving<br>¼ Cup, ½ Cup<br>¾ Cup, ⅙ Cup              |