Georgia Nutritional Services, Inc



November 2026



Harvest of the Month: Sweet Potatoes

	Monday 11/2/26	Tuesday 11/3/26	Wednesday 11/4/26	Thursday 11/5/26	Friday 11/6/26
BREAKFAST					
Grain/Grain Alternate	Scrambled Eggs	French Toast	Oatmeal	Mini Pancakes	Buttered English Muffin
Vegetable or Fruit	Blueberries (age appropriate)	Applesauce	Raspberries	Sliced Pears	Baked Apples
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH		National Sandwich Day			National Nachos Day
Meat/Meat Alternate	Ham Cubes	Savory Tuna Sandwich	Mini Beef Sliders	Skillet Pork Chops	Ground Turkey
Grain/Grain Alternate	Rotini Pasta	Croissant	Hawaiin Roll	Brown Rice	Whole Grain Tortilla Chips
Vegetable or Fruit	Oranges	Peaches	Green Apples	Sliced Apricots	Pico de Gallo
Vegetable	Baby Carrots	Sweet Peas	Crinkle Fries	Kale Salad	Honeydew Melon Strips
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK				Autumn Trail Mix	
Meat/Meat Alternate	Sugar Snap Peas	Rice Cake	Breadsticks	Chex Cereal	Mutligrain Crackers
Grain/Grain Alternate	Cheddar Cheese Cubes	Celery w/Ranch	Vegetable Soup	Pumpkin Seeds	Tomoto & Cucumber Salad
Vegetable or Fruit					
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER			National Roast Dinner Day		
Meat/Meat Alternate	Teriyaki Chicken	Chicken Nuggets	Pot Roast	Ground Beef Chili	(HM) Cheese Pizza
Grain/Grain Alternate	Egg Noodles	Whole Wheat Roll	Texas Toast Bread	Mini Biscuit	Pizza Crust
Vegetable or Fruit	Pineapple Chunks	Strawberries	Creamed Spinach	Sliced Peaches	Grapes (cut accordingly to age)
Vegetable	Stir Fry Vegetables	Zucchini	Baby Potatoes	Sweet Potato Fries	California Blend Veggies
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain

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	Monday 11/9/26	Tuesday 11/10/26	Wednesday 11/11/26	Thursday 11/12/26	Friday 11/13/26
BREAKFAST			CACFP Waffle Wednesday		
Grain/Grain Alternate	Mini Pancakes	Cheesey Grits	Waffles	French Toast	Cheerios
Vegetable or Fruit	Sliced Pears	Blackberries	Raspberries	Grapefruit Wedges	Sliced Banana
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH		CACFP Taco Tuesday			Breakfast for Lunch
Meat/Meat Alternate	Savory Tuna	Beef & Cheese	Grilled Chicken Tenders	Smoked BBQ Pork	Sausage Patties
Grain/Grain Alternate	Sub Roll	Soft Taco	Wheat Roll	Hoagie Bread	Mini Pancakes
Vegetable or Fruit	Fruit Cocktail	Plums	Watermelon Chunks	Pears	Blueberries
Vegetable	Green Beans	Black Bean Soup	Seasoned Acorn Squash	Baked Beans	Hashbrowns
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK	National Greek Yogurt Day			Apple Nachos	National Chicken Soup for the Soul Day
Meat/Meat Alternate	Greek Yogurt	Animal Crackers	MultiGrain Crackers	Sliced Apples	Crescent Roll
Grain/Grain Alternate	Mixed Berries	Sliced Kiwi	Blueberry Smoothie	Peanut/Wow/Almond Butter	Chicken Noodle Soup
Vegetable or Fruit	Granola				
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate	Turkey Burger	Philly Cheese Steak	Fish Sticks	Baked Cod	Xtra Cheese Flatbread
Grain/Grain Alternate	Multi Grain Bun	Sub Roll	Rice Pilaf	Linguine Butter Pasta	Flatbread
Vegetable or Fruit	Raspberries	Sliced Peaches	Grapes (cut appropriately)	Sliced Apricots	Fruit Cocktail
Vegetable	Corn on the Cob	Broccoli w/Cheese	Roasted Brussels Sprouts	Tossed Salad	Sweet Peas
Fluid Milk	* Milk	* Milk	* Milk	* Milk	* Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain

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Harvest of the Month: Sweet Potatoes

	Monday 11/16/26	Tuesday 11/17/26	Wednesday 11/18/26	Thursday 11/19/26	Friday 11/20/26
BREAKFAST					
Grain/Grain Alternate	Mini Bagels	Maple Sausage	Cinnamon Pancakes	Cream of Wheat	Cheerios
Vegetable or Fruit	Cantaloupe Chunks	Hashbrowns	Kiwi	Pumkin Applesauce	Oranges
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**
LUNCH					
Meat/Meat Alternate	Popcorn Chicken	Beef Stir Fry	Fish Sticks	Sunny Lemon Chicken	Stuffed Bell Peppers with Ground Beef
Grain/Grain Alternate	Fried Rice	LoMein Noodles	Wild Rice	Wheat Roll	Brown Rice (on the side)
Vegetable or Fruit	Fruit Cocktail	Blackberries	Honeydew Melon Chunks	Plums	Peaches
Vegetable	Peas & Carrots	Garlic Broccoli	Steamed Asparagus	Maple Roasted Sweet Potatoes	Red and Green Peppers
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	**Whole Grain**
PM SNACK					
Meat/Meat Alternate	Cheese Quesadilla	Saltine Crackers	Turkey Roll-Up	Sugar Snap Peas	Ground Chicken Lettuce Wraps
Grain/Grain Alternate	Tortilla	Butternutsquash Soup	Cheese Crackers	Papaya	Green Leaf Lettuce
Vegetable or Fruit					Ground Chicken
Fluid Milk	Water	Water	Water	Water	Water Chestnuts
TWO COMPONENTS	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**
DINNER					
Meat/Meat Alternate	Savory Red Beans	Turkey Burger	3 Cheese Pasta	Baked Beef Sticks	Tuna Salad Sandwich
Grain/Grain Alternate	Cornbread	Hamburger Bread	Tortellini	Wheat Roll	Croissant
Vegetable or Fruit	Pineapple Rings	Sliced Plums	Sliced Apricots	Pears	Mango Strips
Vegetable	Baked Okra	Sweet Potato French Fries	Sauteed Zucchini	Red Cabbage	Mini Corn on the Cob
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**

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HAPPY THANKSGIVING WEEK

November 2026

	Monday 11/23/26	Tuesday 11/24/26	Wednesday 11/25/26	Thursday 11/26/26	Friday 11/27/26
BREAKFAST				**HAPPY THANKSGIVING**	CACFP Flapjack Friday
Grain/Grain Alternate	Mini Bagel	English Muffin	Apple Pumpkin Oatmeal	Pumpkin Muffin--(Recipe Link)	Mini Pancakes
Vegetable or Fruit	Blackberries	Sliced Plums	Fruit Salad	Sliced Bananas	Cheesey Hashbrowns
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH	Chicken & Waffle Remix			**HAPPY THANKSGIVING**	Savory Waffle-Wich
Meat/Meat Alternate	Baked Chicken Strips	Cheesy Tuna Explosion Melt	Turkey & Kidney Bean Chili	Roasted Turkey w/Gravy	Turkey & Cheese Hot Sandwich
Grain/Grain Alternate	Waffle Triangles	Wheat Bread	Breadstick	Cornbread	Waffle
Vegetable or Fruit	Blueberries	Raspberries	Cutie Oranges	Baked Apples	Sliced Peaches
Vegetable	Cajun Green Beans	Peas & Carrots	Caesar Salad	Maple Mashed Sweet Potato	Sweet Potato Fries
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK	Eat a Cranberry Day	Biscuit Pizza Snack	National Parfait Day	**HAPPY THANKSGIVING**	Turkey Veggie Charcuterie Plate
Meat/Meat Alternate	Chex Cereal	Biscuit	Pumpkin Yogurt Dip	Pretzel Turkey	Turkey Roll Up
Grain/Grain Alternate	Cranberries	Mozzarella Sticks	Graham Crackers	Peanut/Soy/Alomd Butter	Wheat Crackers
Vegetable or Fruit		Pepperoni Slices		Pretzel Sticks & Twists	Apple Slices
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER				**HAPPY THANKSGIVING**	
Meat/Meat Alternate	Beef Meatball Sub	Baked Chicken	Round Steak Bites	HOMEMADE MACARONI & CHEESE	Grilled Cheddar Cheese
Grain/Grain Alternate	Sub Roll	White Rice	Wheat Roll	Macaroni Pasta	Sourdogh Bread
Vegetable or Fruit	Pineapple Strips	Honeydew Melon Chunks	Sliced Mango	Orange Glazed Carrots	Sliced Cantaloupe
Vegetable	Sauteed Asparagus	Baked Acorn Squash	Cabbage	Baked Zucchini	Roasted Tomato Soup
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain



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	Monday 11/30/26				
BREAKFAST	CACFP Muffin Monday				
Grain/Grain Alternate	Zucchini Mini Muffins				
Vegetable or Fruit	Pineapple Chunks				
Fluid Milk					
Fluid Milk*	*Milk				
	☐ Whole Grain	☐	☐	☐	☐
LUNCH	Julia's Beefy Macaroni Recipe Link				
Meat/Meat Alternate	Ground Beef				
Grain/Grain Alternate	Macaroni				
Vegetable or Fruit	Strawberries				
Vegetable	Tossed Salad				
Fluid Milk	*Milk				
	☐ Whole Grain	☐	☐	☐	☐
PM SNACK	Fruit & Nut Pita Pocket				
Meat/Meat Alternate	Pita Pocket				
Grain/Grain Alternate	Green/Red Apples				
Vegetable or Fruit	Peanut/Wow/Soy Butter				
Fluid Milk	Water				
TWO COMPONENTS	☐ Whole Grain	☐	☐	☐	☐
DINNER					
Meat/Meat Alternate	Chicken Nuggets				
Grain/Grain Alternate	Sweet Roll				
Vegetable or Fruit	Sliced Mango				
Vegetable	Broccoli Salad				
Fluid Milk	*Milk				
	☐ Whole Grain	☐	☐	☐	☐

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