for enquiring minds!
PALOS VERDES MONTESSORI ACADEMY

# Breakfast · November 2026

Palos Verdes Montessori Academy · Monthly Menu

WGR Whole Grain Rich
WW Whole Wheat
MGR Multi Grain

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **1**<br>**AGES 1–2 SERVING**<br>4 Fluid Ounces Whole Milk<br>Vegetable/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup, ½ Cup,<br>¾ Cup, ⅛ Cup | **2**<br>WGR **French Toast**<br>Peaches<br>Milk & Water | **3**<br>WGR **Waffles**<br>Pineapple Chunks<br>Milk & Water | **4**<br>**All Bran Wheat Cereal**<br>Banana Slices<br>Milk & Water | **5**<br>WGR **Chex Cereal**<br>Mandarin Oranges<br>Milk & Water | **6**<br>WGR **Croissant & Jelly**<br>Apple Sauce<br>Milk & Water | **7**<br>**AGES 3–5 SERVING**<br>6 Fluid Ounces 1% Milk<br>Vegetable/Fruit ½ Cup<br>Grain ½ Slice/Serving<br>¼ Cup, ½ Cup<br>¾ Cup, ⅛ Cup |
| **8**<br>**AGES 1–2 SERVING**<br>4 Fluid Ounces Whole Milk<br>Vegetable/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup, ½ Cup,<br>¾ Cup, ⅛ Cup | **9**<br>**Oatmeal**<br>Apple Slices<br>Milk & Water | **10**<br>WGR **Pancakes**<br>Peach Slices<br>Milk & Water | **11**<br>**Veterans Day**<br>SCHOOL CLOSED | **12**<br>**English Muffins**<br>Mandarin Oranges<br>Milk & Water | **13**<br>WW **Bagel & Cream Cheese**<br>Orange Slices<br>Milk & Water | **14**<br>**AGES 3–5 SERVING**<br>6 Fluid Ounces 1% Milk<br>Vegetable/Fruit ½ Cup<br>Grain ½ Slice/Serving<br>¼ Cup, ½ Cup<br>¾ Cup, ⅛ Cup |
| **15**<br>**AGES 1–2 SERVING**<br>4 Fluid Ounces Whole Milk<br>Vegetable/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup, ½ Cup,<br>¾ Cup, ⅛ Cup | **16**<br>WGR **French Toast**<br>Peaches<br>Milk & Water | **17**<br>WGR **Waffles**<br>Pineapple Chunks<br>Milk & Water | **18**<br>**All Bran Wheat Cereal**<br>Banana Slices<br>Milk & Water | **19**<br>WGR **Chex Cereal**<br>Mandarin Oranges<br>Milk & Water | **20**<br>WGR **Croissant & Jelly**<br>Apple Sauce<br>Milk & Water | **21**<br>**AGES 3–5 SERVING**<br>6 Fluid Ounces 1% Milk<br>Vegetable/Fruit ½ Cup<br>Grain ½ Slice/Serving<br>¼ Cup, ½ Cup<br>¾ Cup, ⅛ Cup |
| **22**<br>**AGES 1–2 SERVING**<br>4 Fluid Ounces Whole Milk<br>Vegetable/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup, ½ Cup,<br>¾ Cup, ⅛ Cup | **23**<br>**Oatmeal**<br>Apple Sauce<br>Milk & Water | **24**<br>WGR **Pancakes**<br>Pears Slices<br>Milk & Water | **25**<br>MGR **Cheerio Cereal**<br>Pear Slices<br>Milk & Water | **26**<br>**Thanksgiving**<br>SCHOOL CLOSED | **27**<br>**Day After Thanksgiving**<br>SCHOOL CLOSED | **28**<br>**AGES 3–5 SERVING**<br>6 Fluid Ounces 1% Milk<br>Vegetable/Fruit ½ Cup<br>Grain ½ Slice/Serving<br>¼ Cup, ½ Cup<br>¾ Cup, ⅛ Cup |
| **29**<br>**AGES 1–2 SERVING**<br>4 Fluid Ounces Whole Milk<br>Vegetable/Fruit ¼ Cup<br>Grains ½ Slice/Serving<br>¼ Cup, ½ Cup,<br>¾ Cup, ⅛ Cup | **30**<br>**French Toast**<br>Peaches<br>Milk & Water | | | | | **AGES 3–5 SERVING**<br>6 Fluid Ounces 1% Milk<br>Vegetable/Fruit ½ Cup<br>Grain ½ Slice/Serving<br>¼ Cup, ½ Cup<br>¾ Cup, ⅛ Cup |