



Menus for November 2025

Manzanita School

USDA is an equal opportunity provider and employer. Menus are subject to change.

Monday, November 3

Breakfast

Chocolate Chip Miffin
Juice, Fruit, and Milk

Lunch

Chicken Nuggets and Sun
Chips
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, November 4

Breakfast

Cheese Omelet and Hash
brown
Juice, Fruit and Milk

Lunch

Taco and refried beans
Milk, Fruit, Veggie, and
Salad Bar

Wednesday, November 5

Breakfast

French Toast Sticks
Juice, Fruit and Milk

Lunch

Grilled Cheese and Tots
Milk, Fruit, Veggie, and
Salad Bar

Thursday, November 6

Breakfast

Bagels and Cream cheese
Juice, Fruit, and Milk

Lunch

Hamburger and Baked
chips
Milk, Fruit, Veggie, and
Salad Bar

Friday, November 7

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

French Bread Pizza
Milk, Fruit, Veggie, and
Salad Bar

OUR NATION'S HISTORY



In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.



WITH LIBERTY & JUSTICE FOR ALL

Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

Wednesday, November 12

Breakfast

Mini Pancakes
Juice, Fruit and Milk

Lunch

PB&J, Crackers and
Cheese stick
Milk, Fruit, Veggie, and
Salad Bar

Thursday, November 13

Breakfast

Cini Mini
Juice, Fruit and Milk

Lunch

Spaghetti and bread stick
Milk, Fruit, Veggie, and
Salad Bar

Friday, November 14

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

Maxx Stick Pizza
Milk, Fruit, Veggie, and
Salad Bar

AVAILABLE DAILY

Cheerio cereal with
graham cracker
offered as an option at
breakfast.

Deli sandwich and yogurt
bundle
offered as an option at
lunch.



Until about 1,000 years ago, English-speaking people thought of the year in two parts — the warm half and the cold half. The word “winter,” is 5,000 years old, and “summer” is a pretty old word, too. The word “spring” was in general use by the 1400’s, and “autumn” is a Latin word that also entered English around 1400. “Fall” came into use as a complement to “spring” in the 17th century — just as North America was being settled by the British. The English-speaking people in England mostly stuck with “autumn” while their distant cousins preferred “fall.” And that’s why, to this day, this is the only season we have two words for!



Monday, November 17

Breakfast

Cini Bun
Juice, Fruit and Milk

Lunch

Mac-N-cheese and breadstick
Milk, Fruit, Veggie, and Salad Bar

Tuesday, November 18

Breakfast

Cheese Omelet and Hash brown
Juice, Fruit and Milk

Lunch

Hot dogs and Chili
Milk, Fruit, Veggie, and Salad Bar

Wednesday, November 19

Breakfast

French Toast Sticks
Juice, Fruit and Milk

Lunch

Chicken sandwich
Milk, Fruit, Veggie, and Salad Bar

Thursday, November 20

Breakfast

Bagel and Cream cheese
Juice, Fruit, and Milk

Lunch

Hamburger and Baked chips
Milk, Fruit, Veggie, and Salad Bar

Friday, November 21

Breakfast

Variety of Cereal
Juice, Fruit and Milk

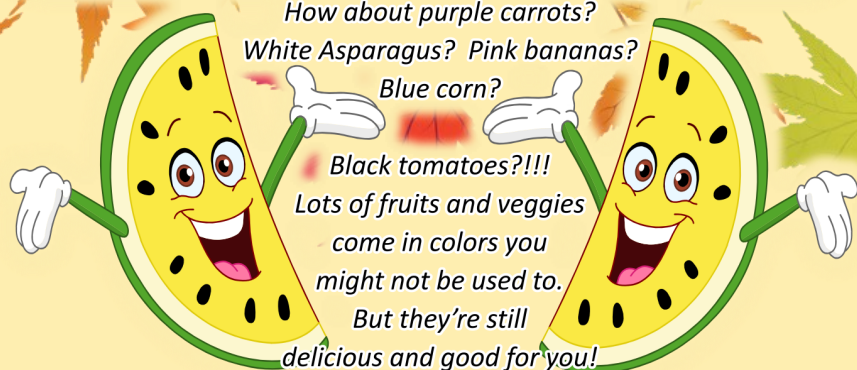
Lunch

Stuffed Crust Pizza
Milk, Fruit, Veggie, and Salad Bar

Thanksgiving

ENJOY YOUR HOLIDAY! SEE YOU MONDAY!

Yellow Watermelon?!



YOU'RE GOOD



ALL STUDENTS EAT BREAKFAST @ NO COST ALL YEAR LONG

Manzanita School

