

Menus for NOVEMBER 2026

This institution is an equal opportunity provider. Menus are subject to change.

Monday, November 2

Breakfast

Mini Pancakes
Juice, Fruit and Milk

Lunch

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

Tuesday, November 3

Breakfast

Cini-Mini
Juice, Fruit and Milk

Lunch

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

Wed., November 4

Breakfast

Benefit Bar
Juice, Fruit and Milk

Lunch

Corn Dog and Fava
Beans
Milk, Fruit, Veggie, and
Salad Bar

Thursday, November 5

Breakfast

Biscuit and Gravy
Juice, Fruit and Milk

Lunch

Spaghetti with Bread
stick
Milk, Fruit, Veggie, and
Salad Bar

Friday, November 6

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

Deep Dish Pizza
Milk, Fruit, Veggie, and
Salad Bar

Monday, November 9

Breakfast

Bagel with cream cheese
Juice, Fruit and Milk

Lunch

Mac-N-Cheese and
Bread stick
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, November 10

Breakfast

Strawberry Glazed Scone
Juice, Fruit and Milk

Lunch

Taco and Refried Beans
Milk, Fruit, Veggie, and
Salad Bar

Wed., November 11



**Veteran's Day
No School
Today**

Thursday, November 12

Breakfast

French Toast
Juice, Fruit and Milk

Lunch

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

Friday, November 13

Breakfast

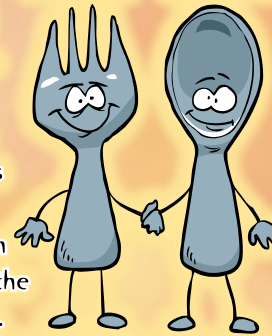
Variety of Cereal
Juice, Fruit and Milk

Lunch

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

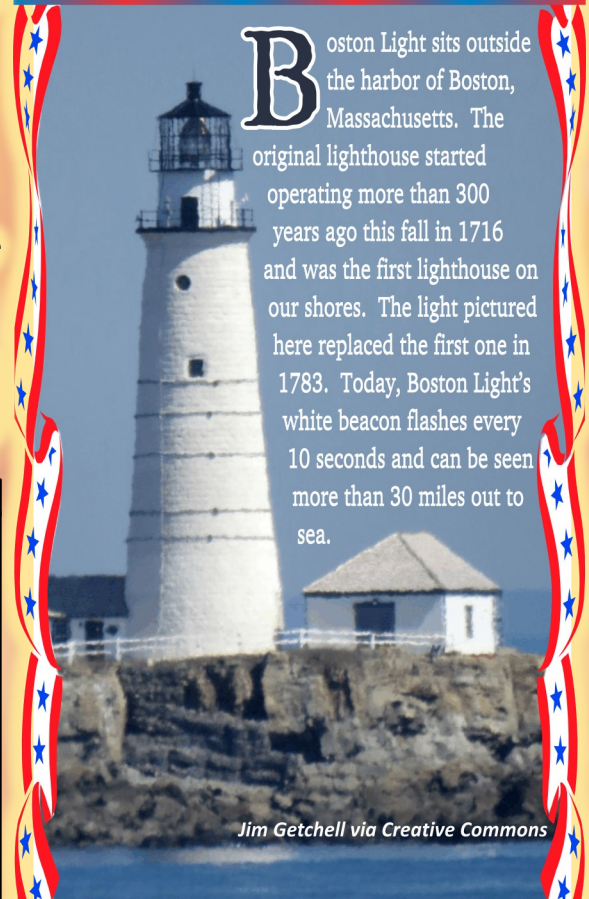
THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.



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

★ OUR NATION'S HISTORY ★



Boston Light sits outside the harbor of Boston, Massachusetts. The original lighthouse started operating more than 300 years ago this fall in 1716 and was the first lighthouse on our shores. The light pictured here replaced the first one in 1783. Today, Boston Light's white beacon flashes every 10 seconds and can be seen more than 30 miles out to sea.

Jim Getchell via Creative Commons

★ *WITH LIBERTY & JUSTICE FOR ALL* ★

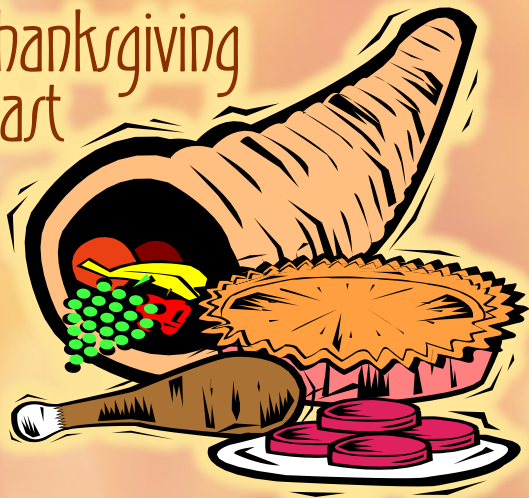
AVAILABLE DAILY

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

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



Thanksgiving Feast



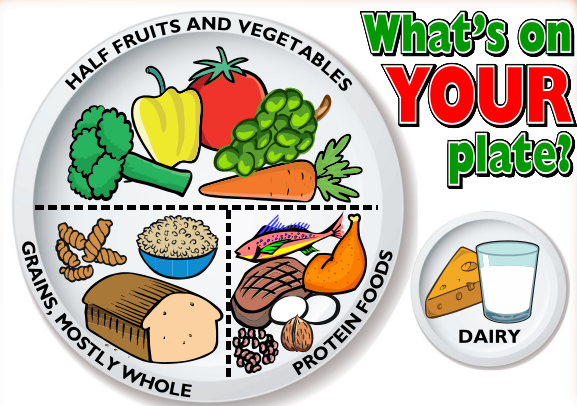
Monday, November 16
Breakfast Mini Pancakes Juice, Fruit and Milk
Lunch Chicken Nuggets and Sun Chips Milk, Fruit, Veggie, and Salad Bar

Tuesday, November 17
Breakfast Cini-Mini Juice, Fruit and Milk
Lunch PB&J sandwich, Cheese stick, and crackers Milk, Fruit, Veggie, and Salad Bar

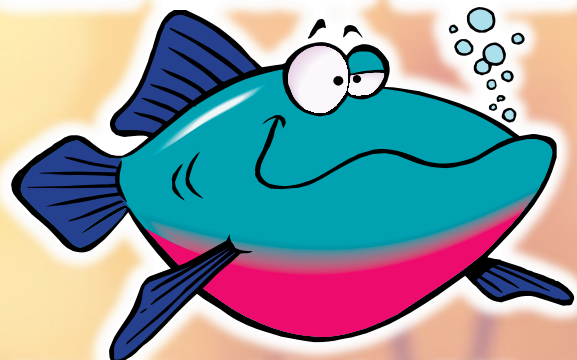
Wed., November 18
Breakfast French Toast Juice, Fruit and Milk
Lunch Hot dog and Chili Milk, Fruit, Veggie, and Salad Bar

Thursday, November 19
Breakfast Biscuit and Gravy Juice, Fruit and Milk
Lunch Orange Chicken and Rice Milk, Fruit, Veggie, and Salad Bar

Friday, November 20
Breakfast Variety of Cereal Juice, Fruit and Milk
Lunch Pizza Milk, Fruit, Veggie, and Salad Bar

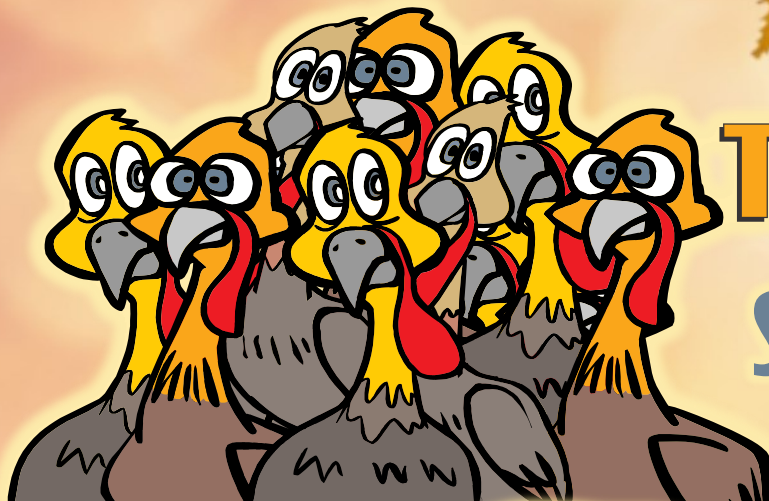


Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!



Happy Thanksgiving!
See you Monday!

Monday, November 30
Breakfast Muffin Juice, Fruit and Milk
Lunch Mac-N-Cheese and Bread stick Milk, Fruit, Veggie, and Salad Bar

NUTRITION TO GO

Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for more!

A QUICK BITE FOR PARENTS

Many Moons

Native Americans had special names for every full moon of the year. One name for the November full moon is the "Much White Frost on Grass" moon, because November is when the cold weather sets in.