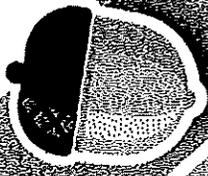


# NOVEMBER | 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Lunch:  
Chicken Leg  
Winter Blend  
Orange Wedges  
1 Sliced to Bread  
Milk

4

Lunch:  
Nacho Naturals-Chips  
Refried Beans  
Lettuce-Salsa  
Juice  
Milk

5

Lunch:  
Cheese Pizza  
Broccoli  
Cauliflower

6

Lunch:  
Ham  
With Scalloped Potatoes  
Green Beans  
Applesauce  
Dinner Roll  
Milk

7

Lunch:  
Fish Shapes  
Peas & Carrots  
Juice  
Bread Item  
Milk

10

Lunch:  
Milk  
Corn Dog  
Baked Beans  
Vegetable  
Apple  
Milk

11

Lunch:  
Quesadilla  
Lettuce-salsa  
Refried Beans  
Juice  
Milk

12

Lunch:  
Sausage Pizza  
Broccoli  
Cauliflower  
Banana  
Milk

13

Lunch:  
Turkey-Dressing  
Mashed Potato & Gravy  
Peas  
Peaches  
Dinner Roll  
Pumpkin Pie  
Milk

14

Lunch:  
BBQ on Bun  
Carrots  
Celery  
Juice  
Milk

17

Lunch:  
Chicken Nuggets  
California Blend  
Baked Apple  
Teddy Grahams  
Milk

18

Lunch:  
Beef Tacos (2) Soft Shells  
Lettuce-Cheese-Salsa  
Refried Beans  
Juice  
Milk

19

Lunch:  
Pepperoni Pizza  
Broccoli  
Cauliflower  
Jell-O with Fruit  
Milk

20

Lunch:  
Chicken Noodle  
Mashed Potato  
Italian Bland  
Peas and Peaches  
Dinner Roll  
Milk

21

Lunch:  
Chili-Cracker  
Corn Bread  
Carrots  
Celery  
Juice  
Milk

24

Lunch:  
Cheeseburger on Bun  
French Fries  
Vegetable  
Fruit  
Milk

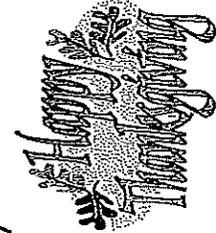
25

Lunch:  
Chicken Tacos (2) Soft Shells  
Refried Beans  
Lettuce-Cheese-Salsa  
Juice  
Milk

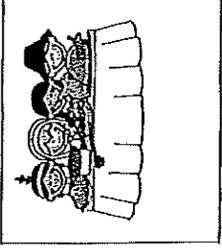
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## News



### Be an Active Family

Physical activity is important for children an adults of all ages. Being active as a family can benefit everyone. Adults need 2 ½ hours a week of physical activity, and Children need 60 minutes a day.

### Studies show that eating School Breakfast can:

- \*Lower stress levels & reduce behavioral issues
- \*Boost memory & concentration
- \*Improve hand-eye coordination
- \*Lessen hunger throughout the day

