



# November 2025 Breakfast



| MONDAY                                                                                                        | TUESDAY                                                                                                    | WEDNESDAY                                                                                                     | THURSDAY                                                                                                 |
|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
|                                                                                                               |                                                                                                            |                                                                                                               |                                                                                                          |
| <b>3</b><br><i>Kix Cereal (3/4 cup)</i><br><i>Bananas (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i>             | <b>4</b><br><i>Waffles (17 gm.)</i><br><i>Strawberries (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i>         | <b>5</b><br><i>Frosted Mini Wheats (3/4 cup)</i><br><i>Applesauce (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i> | <b>6</b><br><i>NO SCHOOL</i>                                                                             |
| <b>10</b><br><i>Cornflakes Cereal (3/4 cup)</i><br><i>Peaches (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i>     | <b>11</b><br><i>Cinnamon Toast (1/2 slice)</i><br><i>Pineapple (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i> | <b>12</b><br><i>Cheese Quesadillas (.5 oz.)</i><br><i>Oranges (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i>     | <b>13</b><br><i>Cheerios Cereal (3/4 cup)</i><br><i>Pears (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i>    |
| <b>17</b><br><i>Rice Crispie Cereal (3/4 cup)</i><br><i>Pineapple (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i> | <b>18</b><br><i>Oatmeal (3/4 cup)</i><br><i>Pears (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i>              | <b>19</b><br><i>Cheese Rounds (.5 oz.)</i><br><i>Blueberries (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i>      | <b>20</b><br><i>Corn Chex Cereal (3/4 cup)</i><br><i>Peaches (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i> |
| <b>24</b><br><i>Kix Cereal (3/4 cup)</i><br><i>Peaches (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i>            | <b>25</b><br><i>Bagels (14 gm.)</i><br><i>Pears (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i>                | <b>26</b><br><i>NO SCHOOL</i>                                                                                 | <b>27</b><br><i>NO SCHOOL</i>                                                                            |



# November 2025 Lunch



| MONDAY                                                                                                                                               | TUESDAY                                                                                                                                                | WEDNESDAY                                                                                                                                               | THURSDAY                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                      |                                                                                                                                                        |                                                                                                                                                         |                                                                                                                                                      |
| <b>3</b><br><i>Chicken Enchiladas (1.5 oz.)</i><br><i>Lettuce Salad (1/4 cup)</i><br><i>Mixed Fruit (1/4 cup)</i><br><i>Skim Milk (3/4 cup)</i>      | <b>4</b><br><i>Chicken Nuggets (1.5 oz.)</i><br><i>French Fries (1/4 cup)</i><br><i>Peaches (1/4 cup)</i><br><i>Skim Milk (3/4 cup)</i>                | <b>5</b><br><i>Spaghetti/Meat Sauce (1.5 oz.)</i><br><i>Green Beans (1/4 cup)</i><br><i>Pears (1/4 cup)</i><br><i>Skim Milk (3/4 cup)</i>               | <b>6</b><br><i>NO SCHOOL</i>                                                                                                                         |
| <b>10</b><br><i>Chicken &amp; Noodles (1.5 oz.)</i><br><i>Carrots (1/2 cup)</i><br><i>Pears (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i>              | <b>11</b><br><i>Cheese Ravioli (1.5 oz.)</i><br><i>Peas (1/4 cup)</i><br><i>Applesauce (1/4 cup)</i><br><i>Skim Milk (3/4 cup)</i>                     | <b>12</b><br><i>Breaded Mozzarella Cheese (1.5 oz.)</i><br><i>Spinach Salad (1/4 cup)</i><br><i>Blueberries (1/4 cup)</i><br><i>Skim Milk (3/4 cup)</i> | <b>13</b><br><i>Nachos/Cheese/Meat (1.5 oz.)</i><br><i>Mixed Vegetables (1/4 cup)</i><br><i>Mango Chunks (1/4 cup)</i><br><i>Skim Milk (3/4 cup)</i> |
| <b>17</b><br><i>Vegetable Beef Soup (1.5 oz.)</i><br><i>Peaches (1/4 cup)</i><br><i>Saltine Crackers (11 gm.)</i><br><i>Skim Milk (3/4 cup)</i>      | <b>18</b><br><i>Turkey Sandwich (1.5 oz.)</i><br><i>Carrots (1/4 cup)</i><br><i>Oranges (1/2 cup)</i><br><i>Skim Milk (3/4 cup)</i>                    | <b>19</b><br><i>Spanish Rice &amp; Beef (1.5 oz.)</i><br><i>Peas (1/4 cup)</i><br><i>Tropical Fruit (1/4 cup)</i><br><i>Skim Milk (3/4 cup)</i>         | <b>20</b><br><i>Turkey (1.5 oz.)</i><br><i>Mashed Potatoes (1/4 cup)</i><br><i>Mango Chunks (1/4 cup)</i> Bread<br><i>Skim Milk (3/4 cup)</i>        |
| <b>24</b><br><i>Breaded Chicken Patties (1.5 oz.)</i><br><i>Mashed Potatoes (1/4 cup)</i><br><i>Oranges (1/2 each)</i><br><i>Skim Milk (3/4 cup)</i> | <b>25</b><br><i>Beefy Italian Dunkers (1.5 oz.)</i><br><i>Green Beans (1/4 cup)</i><br><i>Mandarin Oranges (1/4 cup)</i><br><i>Skim Milk (3/4 cup)</i> | <b>26</b><br><i>NO SCHOOL</i>                                                                                                                           | <b>27</b><br><i>NO SCHOOL</i>                                                                                                                        |



# November 2025 Snack



| MONDAY                                                                                         | TUESDAY                                                                                               | WEDNESDAY                                                                                           | THURSDAY                                                                      |
|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
|                                                                                                |                                                                                                       |                                                                                                     |                                                                               |
| <b>3</b><br><br><i>Animal Crackers (11 gm.)</i><br><i>Applesauce (1/2 cup)</i><br><i>Water</i> | <b>4</b><br><br><i>Hard Cooked Egg (1 each)</i><br><i>Saltine Crackers (11 gm.)</i><br><i>Water</i>   | <b>5</b><br><br><i>Cauliflower (1/2 cup)</i><br><i>Ranch Dressing</i><br><i>Skim Milk (1/2 cup)</i> | <b>6</b><br><br><i>NO SCHOOL</i>                                              |
| <b>10</b><br><br><i>Banana (1/2 cup or 1 each)</i><br><i>Yogurt (4 oz.)</i><br><i>Water</i>    | <b>11</b><br><br><i>Baby Carrots (1/2 cup)</i><br><i>Ranch Dressing</i><br><i>Skim Milk (1/2 cup)</i> | <b>12</b><br><br><i>Bagel (13 gm.)</i><br><i>Cream Cheese</i><br><i>Skim Milk (1/2 cup)</i>         | <b>13</b><br><br><i>Apple Wedges (1/2 cup)</i><br><i>Skim Milk (1/2 cup)</i>  |
| <b>17</b><br><br><i>Cheese Sandwich (1/2 each)</i><br><i>Water</i>                             | <b>18</b><br><br><i>Cottage Cheese (1/4 cup)</i><br><i>Peaches (1/2 cup)</i><br><i>Water</i>          | <b>19</b><br><br><i>Bug Bite Crackers (14 gm.)</i><br><i>Skim Milk (1/2 cup)</i>                    | <b>20</b><br><br><i>Orange Slices (1/2 cup)</i><br><i>Skim Milk (1/2 cup)</i> |
| <b>24</b><br><br><i>Goldfish Crackers (10 gm.)</i><br><i>Skim Milk (1/2 cup)</i>               | <b>25</b><br><br><i>String Cheese (1/2 oz.)</i><br><i>Club Cracker (11 gm.)</i><br><i>Water</i>       | <b>26</b><br><br><i>NO SCHOOL</i>                                                                   | <b>27</b><br><br><i>NO SCHOOL</i>                                             |