



November 2025

This institution is an equal opportunity provider.


Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable $\frac{3}{4}$ cup, Fruit $\frac{1}{2}$ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable $\frac{3}{4}$ cup, Fruit $\frac{1}{2}$ cup, Low Fat or 1% unflavored

or flavored milk 8oz

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
November 3 Egg & Cheese Omelet WGR Pancake Breakfast Potatoes Fruit Milk	November 4 Mac & Cheese w/ WGR Pasta Green Beans Fruit Milk	November 5 Chicken Patty Sandwich WG Sandwich Bun Mayo Mixed Vegetables Fruit Milk	November 6 Walking Taco w/ Taco Beef and Cheddar Cheese WGR Tortilla Chips Corn Fruit Milk NATIONAL NACHOS DAY!!	November 7 Early Dismissal
November 10 Chicken Pot Pie Mixed Vegetables WGR Biscuit Fruit Milk	November 11 Turkey Burger w/ Cheddar Cheese WGR Sandwich Bun Potatoes Ketchup Fruit Milk	November 12 Mozzarella Sticks Carrot Sticks Marinara Sauce Fruit Milk	November 13 Swedish Meatballs Brown Rice Edamame Fruit Milk	November 14 Cheese Pizza Fresh Broccoli Ranch Dressing Fruit Milk
November 17 Chicken Fajita w/ Peppers WGR Flour Tortilla Corn Fruit Milk National Pepper Month!	November 18 Cheese Tortellini in Pasta Sauce Peas Fruit Milk	November 19 Turkey & Cheese Sandwich on WG Bread Mayo Carrot Sticks w/ Ranch Fruit Milk	November 20 WGR Chicken Fingers Mashed Potatoes Ketchup Fruit Milk	November 21 Cheese Pizza Fresh Broccoli Ranch Dressing Fruit Milk
November 24 BBQ Meatballs w/ Shredded Cheddar Green Beans WGR Roll Fruit Milk	November 25 Turkey w/ Gravy Mashed Potatoes Dinner Roll Fruit Milk	November 26 School Holiday	November 27 Happy Thanksgiving!! 	November 28 School Holiday

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos, Blueberries