

NOVEMBER 2025

CAPITAL PREP HARBOR SCHOOLS

FREE BREAKFAST & LUNCH SERVED DAILY
 DAILY FRUIT OPTIONS
 DAILY CHOICES OF FAT FREE CHOCOLATE OR
 1% MILK

Monday

Tuesday

Wednesday

Thursday

Friday



3
 Chicken Nuggets
 Tator Tots
 Seasoned Carrots
 Dinner Roll

4
 Cheeseburger on Bun
 Sweet Potato Fries
 Green Beans

5
 Fajita Chicken & Tortilla
 Brown Rice
 Black Beans
 Seasoned Corn

6
 Pasta & Meatballs
 Marinara Sauce
 Mixed Vegetables
 Dinner Roll

7
 Cheese Pizza
 Romaine Salad w/
 Carrots

10
 Sweet & Sour Meatballs
 Brown Rice
 Carrots & Peas
 Dinner Roll

11
 Chicken Tenders
 Baked Beans
 Tator Tots
 Dinner Roll

12
 Macaroni & Cheese
 Broccoli
 Carrots
 Dinner Roll

13
 Chicken Parm w/ Penne
 Pasta
 Green Beans
 California Vegetables

14
 Cheese Pizza
 Tossed Salad
 & Tomatoes

17
 Chicken Nuggets
 Crinkle Cut Fries
 Carrots
 Dinner Roll

18
 Meatball Sub w/
 Marinara Sauce
 Green Beans

19
 Sweet & Sour Chicken
 Brown Rice
 Mixed Vegetables
 Broccoli

20
 Cheeseburger on Bun
 Sweet Potato Tots
 Baked Beans

21
 Cheese Pizza
 Romaine Salad
 Cucumbers & Tomatoes

24
NO SCHOOL

25
NO SCHOOL

26
NO SCHOOL

27
**HAPPY THANKSGIVING
 NO SCHOOL**

28
NO SCHOOL