

# NOVEMBER 2025

## Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>1) Chicken Fajitas with Soft Tortilla Sautéed Onions &amp; Peppers (V) Mexican Rice (V) 2) Sunbutter &amp; Jelly Sandwich (V) 3) Zee Zee Fun Lunch (V)</p>	<p>4</p> <p>1) Marvelous Mac N' Cheese with Peas (V) &amp; Dinner Roll 2) Ham &amp; Cheese Sandwich 3) Bagel Fun Lunch (V)</p>	<p>5</p> <p>1) American Chop Suey Roasted Ranch Broccoli Breadstick 2) Turkey &amp; Cheese Sandwich 3) Fruit &amp; Cheese Fun Lunch (V)</p>	<p>6</p> <p>1) Pizza Day! (V) 2) Sunbutter, Chocolate Hummus &amp; Banana Sandwich (V) 3) Muffin Fun Lunch (V)</p>	<p>7</p> <p>1) Buttermilk Pancakes (V) Sausage, Real Maple Syrup Apple Cranberry Bake 2) Cheese Croissant (V) 3) Hummus Fun Lunch (V)</p>
<p>10</p> <p>1) Kayem Lite Hot Dog On a Bun Or All Beef Hot Dog Baked Beans, Honey Carrots 2) Sunbutter &amp; Jelly Sandwich (V) 3) Zee Zee Fun Lunch (V)</p>	<p>11</p> <p><b>Veterans' Day No School</b></p>	<p>12</p> <p>1) "Sticks &amp; Stones" Mozzarella Sticks &amp; Saucy Meatballs (V) Veggie Pasta Salad 2) Turkey &amp; Cheese Sandwich 3) Fruit &amp; Cheese Fun Lunch (V)</p>	<p>13</p> <p>1) Pizza Day! (V) 2) Sunbutter, Chocolate Hummus &amp; Banana Sandwich (V) 3) Muffin Fun Lunch (V)</p>	<p>14</p> <p>1) Crispy Chicken Tenders Roasted Baby Potatoes Corn, Apple Cranberry Kale Salad 2) Cheese Croissant (V) 3) Hummus Fun Lunch (V)</p>
<p>17</p> <p>1) Grilled Cheese (V) Tomato Soup 2) Sunbutter &amp; Jelly Sandwich (V) 3) Zee Zee Fun Lunch (V)</p>	<p>18</p> <p>1) Muchos Nachos (V) Tortilla Chips with Seasoned Beef 2) Ham &amp; Cheese Sandwich 3) Bagel Fun Lunch (V)</p>	<p>19</p> <p>1) Chicken Parm or Eggplant Parm Sandwich (V) Smilie Fries &amp; Kale Caesar Salad 2) Turkey &amp; Cheese Sandwich 3) Fruit &amp; Cheese Fun Lunch (V)</p>	<p>20</p> <p>1) Pizza Day! (V) 2) Sunbutter, Chocolate Hummus &amp; Banana Sandwich (V) 3) Muffin Fun Lunch (V)</p>	<p>21</p> <p>1) Cheese Omelet (V) Sausage, Hashbrown Potatoes Blueberry Muffin 2) Cheese Croissant (V) 3) Hummus Fun Lunch (V)</p>
<p>24</p> <p>1) Pulled Pork BBQ Sandwich Mashed Sweet Potatoes Braised Beans and Greens 2) Sunbutter &amp; Jelly Sandwich (V) 3) Zee Zee Fun Lunch (V)</p>	<p>25</p> <p>1) Saucy Lasagna Roll Ups (V) Roasted Zucchini &amp; Dinner Roll 2) Ham &amp; Cheese Sandwich 3) Bagel Fun Lunch (V)</p>	<p>26</p> <p><b>Early Dismissal Before Lunch</b></p>	<p>27</p> <p><b>Thanksgiving Recess NO SCHOOL</b></p>	<p>28</p> <p><b>Thanksgiving Recess NO SCHOOL</b></p>

- V is or can be made vegetarian.
- Assorted sandwiches, entrée salads and grab-and-go meals are available daily, including vegetarian options.
- All meals are offered with milk, 100% fruit juice, fresh fruit and vegetables.
- Menu subject to change without notice.
- If you have a food allergy, please contact the Nutrition Services department before purchasing a meal.
- Each student is entitled to one free breakfast and one free lunch each school day.
- This institution is an Equal Opportunity Employer.

Comments or concerns? Contact the Nutrition Services department at 508-881-0165.

For a translated version of this menu, visit [ashland.k12.ma.us/Nutrition](https://ashland.k12.ma.us/Nutrition) or scan the QR code.

