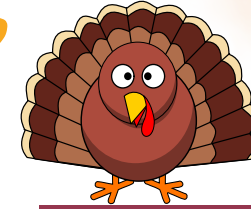




# November 2025



# LUNCH K-8



## Monday

**3** BBQ Meatballs (2 oz.)  
Seasoned WG Spaghetti (1/2 cup)  
Glazed Carrots (3/4 Cup)  
Applesauce (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. BBQ Tofu (4.4 oz.)**

**10** Stew Beef w/Carrots (2 oz.)  
Brown Rice (1 cup)  
Vegetarian Beans (3/4 cup)  
Pineapple Chunks (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Stewed Veggie Burger (2 oz.)**

**17** Hamburger w/ Cheese (2 oz.)  
WG Cheese /Pepperoni Pizza (4.6 oz.)  
Broccoli (3/4 cup)  
Slice Peaches (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Cheese Pizza (4.6 oz.)**

**24** Stew Dice Chicken w/Carrots (2 oz.)  
WG Spaghetti (1 cup)  
WG Slice Bread (1 Slice)  
Buttered Carrots (3/4 cup)  
100% Fruit Juice (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Tofu in Spaghetti Sauce (4.4 oz.)**

## Tuesday

**4** WG Cheese /Pepperoni Pizza (4.6 oz.)  
Mexican Broccoli (3/4 cup)  
100% Fruit Juice (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Veggie Pizza (4.6 oz.)**

**11** *Veterans Day*

**18** Hamburger w/ Cheese (2 oz.)  
WG Bun (1 ea.)  
Glazed Carrots (3/4 cup)  
Tropical Fruits (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Veggie w/Cheese (2 oz.)**

**25** Hamburger w/Cheese (2 oz.)  
WG Bun (1 ea.)  
Potato Wedge (3/4 cup)  
Broccoli (3/4 cup)  
Tropical Fruit Salad (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Veggie Burger (2 oz.)**

## Wednesday

**5** Meat Loaf w/gravy (2 oz.)  
WG Rice (1 ea.)  
Mixed Vegetables (3/4 cup)  
Sliced Peaches (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Baked Lentil w/gravy (2 oz.)**

**12** Dice Chicken in Creole Sauce (2 oz.)  
WG Macaroni (1/2 cup)  
Broccoli (3/4 cup)  
Butter Carrots 3/4 cup)  
Mandarin Orange (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Veggie Burger (2 oz.)**

**19** Whole Turkey w/gravy (2oz)  
Baked Mac & Cheese (1/2 Cup)  
Mash Potatoes Stuffing (3/4 Cup)  
Coleslaw (1/2 cup)  
Slice Cranberries (1/4 Cup)  
100 %Fruit Juice (1/2 Cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt: Sweet & Sour Tofu (4.4 Oz)**

**26** BBQ Chicken (2 oz.)  
WG Seasoned Rice (1 cup)  
Stewed Kidney Beans (3/4 cup)  
Green Beans (3/4 Cup)  
Mandarin Orange (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. BBQ Lentil Loaf (2 oz.)**

## Thursday

**6** Curry Dice Chicken (2 oz.)  
WG Macaroni & Cheese (1/2 cup)  
Stewed Vegetarian Beans (3/4 cup)  
Tropical Fruits (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Tofu in Creole Sauce (4.4 oz.)**

**13** Meat Loaf w/gravy (2 oz.)  
Brown Rice (1 cup)  
Seasoned Mixed Vegetables (3/4 cup)  
Applesauce (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Baked Lentil Loaf w/Gravy (2 oz.)**

**20** BBQ Meatballs (2 oz.)  
Seasoned WG Spaghetti (1/2 cup)  
Stewed Vegetarian Beans (3/4 cup)  
Fruit Cocktail (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. BBQ Tofu (4.4 oz.)**

**27** *Happy Thanksgiving*

## Friday

**7** Ground Beef Sloppy Joe (2 oz.)  
WG Bun (1 ea.)  
Potato Wedge (3/4 cup)  
Mandarin Oranges (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Ground Veggie Burger (2 oz.)**

**14** Hamburger (2 oz.)  
WG Bun (1 ea.)  
Potato Wedge (3/4 Cup)  
Fruit Cocktail (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Baked Tofu Slice (4.4 oz.)**  
**Condiments: PC Mayo & Ketchup**

**21** Tuna Salad (2 oz.)  
WG Bun (1 ea.)  
Green beans Salad (3/4 cup)  
Mandarin Orange (1/2 cup)  
1% White Milk or Assorted Flavored Fat Free Milk (8 oz.)  
**Alt. Veggie Burger (2 oz.)**  
**w/PC Mayo/Ketchup (1 ea.)**

**28** **THANKSGIVING BREAK**