

# November Middle School Menu

This institution is an equal opportunity provider.

# 2026



| Monday                                                                                  | Tuesday                                                                                        | Wednesday                                                                                                  | Thursday                                                                                         | Friday                                                                                            |
|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| 2<br>Breakfast Pizza<br>Meat Calzone, Crunch & Delight Box, BBQ Chicken Ranch Salad     | 3<br>Sausage Madmuffin<br>National Sandwich Day, Crunch & Delight Box, BBQ Chicken Ranch Salad | 4<br>French Toast Sticks<br>Chicken Wings, Nuggets for PreK, Crunch & Delight Box, BBQ Chicken Ranch Salad | 5<br>Breakfast Bagel<br>Teriyaki Beef Noodle Bowl, Crunch & Delight Box, BBQ Chicken Ranch Salad | 6<br>Sheetpan Pancakes<br>Nachos, Crunch & Delight Box, BBQ Chicken Ranch Salad                   |
| 9<br>Muffins<br>Cheese Ravioli, BLT, Snack Wrap                                         | 10<br>Apple Breakfast Nachos<br>Asian Plate, BLT, Snack Wrap                                   | 11<br>No School: Veterans Day                                                                              | 12<br>Madgriddle<br>Crispy Chicken tacos w/ Yogurt dressing, BLT, Snack Wrap                     | 13<br>Cinnamon Rolls<br>Pizza, BLT, Snack Wrap                                                    |
| 16<br>Pumpkin/ Banana Bread<br>Pupusa, Muffin & Protein Box, Turkey Pep Sub             | 17<br>Pancake Bites w/ Yogurt Dip<br>Philly Cheesesteak, Muffin & Protein Box, Turkey Pep Sub  | 18<br>Egg Bites w/ English Muffin<br>Burritos, Muffin & Protein Box, Turkey Pep Sub                        | 19<br>Chicken Biscuit<br>Cheeseburger, Muffin & Protein Box, Turkey Pep Sub                      | 20<br>Strawberry Shortcake Yogurt Bowl<br>Thanksgiving Meal, Muffin & Protein Box, Turkey Pep Sub |
| 23<br>Breakfast Pizza<br>Orange Chicken w/ Chow Mein, Charcuterie Box, Turkey Club Wrap | 24<br>Sausage Madmuffin<br>Pizza, Charcuterie Box, Turkey Club Wrap                            | 25<br>No School: Thanksgiving Break                                                                        | 26<br>No School: Thanksgiving Break                                                              | 27<br>No School: Thanksgiving Break                                                               |
| 30<br>Muffins<br>Tamales, Turkey & Cheese Sandwich, Chicken Caesar Wrap                 |                                                                                                |                                                                                                            |                                                                                                  |                                                                                                   |

Menus are subject to change without notice. Substitutions will be made.

## National School Lunch Program Free & Reduced Priced Meals

Applications for free/ reduced meals are available at [linqconnect.com](http://linqconnect.com) or at your student's school office.

## Negative Balance Policy

We allow students 5 credited meals. Low and negative balances on students' meal accounts will be communicated to household via letter, email, and/or phone. You can add money to your students' account on [linqconnect.com](http://linqconnect.com).

## Meal Prices

|                 |        |
|-----------------|--------|
| Breakfast       | \$1.50 |
| RED breakfast   | FREE   |
| Lunch           | \$3.00 |
| RED Lunch       | FREE   |
| MHP Breakfast:  | \$2.50 |
| MPH Lunch       | \$4.00 |
| Adult Breakfast | \$3.50 |
| Adult Lunch     | \$5.00 |

Breakfast includes:  
An entrée, a variety of fruit, 100% fruit juice, milk. Whole grain, reduced-sugar cereal is offered as an option everyday

Lunch includes:  
An entrée, fresh fruit and vegetable bar, and milk. A PB&J is offered as an entrée option every day.

Locally sourced Fat Free White and Fat Free Flavored Milk offered daily.

