

HENKING, LYON, WESTBROOK

NOVEMBER 2026 LUNCH MENU



All lunch entrees offered with choice of fruit(s), vegetable(s), and milk (optional)

Complete Lunch \$3.75
Milk Only \$0.75

MON

TUE

WED

THU

FRI

²
Mac & Cheese
with Fresh Baked
Cornbread

Sauteed Green
Beans
Applesauce Cup

³
Mini Chicken Bites
or
Plant Based Nuggets
with Soft Pretzel

Mashed Potatoes
Mandarin Oranges

⁴
Personal Cheese
Pizza

Kale Chips
Banana

⁵
Bosco Sticks
with Marinara Sauce

Tomato Soup
Kiwi Halves

⁶
All Beef Hot Dog
or
Bean & Cheese
Burrito

Baked Beans
Waffle Fries
Apple Slices

⁹
Pancakes with
Turkey Sausage
or
Pancakes with
Veggie Sausage

Breakfast Potatoes
100% Juice

¹⁰
Popcorn Chicken
or
Plant Based Nuggets
with Pumpkin Bread

Celery Sticks
Mango Cup

¹¹
Cheese Pizza
Slice

Cucumber Slices
Strawberries

¹²
Beef Nachos
or
Cheese Quesadilla

Refried Beans
Apple

¹³
Cheeseburger
(cheese optional)
or
Vegan Burger

Sweet Potato Fries
Grapes

¹⁶
French Toast with
Chicken Sausage
or
French Toast with
Veggie Sausage

Hash Brown
Apple Slices

¹⁷
Orange Chicken
& Rice
or
Orange Vegan
Chicken & Rice
and Fortune Cookie

Steamed Edamame
Banana

¹⁸
Personal Cheese
Pizza

Lentil Soup
Cantaloupe

¹⁹
Pasta & Meatsauce
or
Buttered Pasta with
Parmesan &
Mozzarella Cheese
with Garlic Bread

Caesar Salad
Peach Cup

²⁰
All Beef Hot Dog
or
Bean & Cheese
Burrito

Smiley Fries
Pineapple Cup

²³
Belgian Waffle with
Turkey Sausage
or
Belgian Waffle with
Veggie Sausage

Mini Hash Browns
Orange Wedges

²⁴
Chicken Tenders
or
Plant Based Nuggets
with Graham
Crackers

Veggie of the Month:
Pumpkin Delight
Apple Slices

²⁵
No School

²⁶
No School

²⁷
No School



Happy Thanksgiving

³⁰
Mac & Cheese
with Fresh Baked
Cornbread

Steamed Broccoli
Mandarin Oranges

Joke of the Month
Why did the turkey join
the school band

Answer:
*Because he had the
drumsticks*



Veggie of the Month: Pumpkin!
Did you know that Illinois grows the
most pumpkins in the U.S.?
Pumpkins aren't just for carving and decorating
—they're a delicious and nutritious vegetable!
This month, celebrate the season by giving
pumpkin a try on **November 24th**. Let's give a
big GOBBLE for this fall favorite!



DAILY COLD LUNCH OPTIONS

YOGURT PACK WITH GRANOLA OR GRAHAM CRACKERS, STRING CHEESE, & CRACKERS
PB&J UNCRUSTABLE WITH STRING CHEESE AND CRACKERS
OFFERED ON FRIDAYS: BYO PIZZA KIT WITH FLATBREAD, MARINARA, & CHEESE

MENU SUBJECT TO CHANGE
This institution is an equal opportunity provider