

Beekmantown Middle High School

November 2026

This institution is an equal opportunity provider.

Breakfast Menu

Monday - Breakfast Pizza
 Tuesday - Waffles with Syrup
 Wednesday - Eagle Breakfast Sandwich
 Thursday - French Toast Tornado
 Friday - Blueberry Muffin / Cheese Stick or Yogurt
 Low Fat Milk, Fruit Juice and Fruit

Salad Menu

Monday - Ham and Cheese Chef Salad
 Tuesday - Classic Caprese Salad
 Wednesday - Harvest Chicken and Apple Salad
 Thursday - Sticks and Stuff
 Friday - Cobb Salad
 All Salads made fresh daily!

Sandwich Menu

Monday-Ham and Cheese
 Tuesday -Bologna and Cheese
 Wednesday-Turkey and Cheese
 Thursday-Chicken Caesar Wrap
 Friday-Chicken Pesto Wrap
 Peanut Butter, Jelly and Egg Salad Sandwich offered Daily.

All Sandwiches made fresh daily by Cafeteria Staff.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Nuggets or BBQ Pork on a Pretzel Roll</p> <p>♥ Cheesy Twice Baked Potato</p> <p>Green Beans</p> <p>BBQ Sauce</p> <p>Golden Sauce</p> <p>♥Tweety's Fruity Broccoli Salad</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Applesauce</p> <p>Low Fat Milk</p>	<p>3</p> <p><u>Brunch for Lunch</u></p> <p>French Toast with Syrup</p> <p>Scrambled Egg</p> <p>Baked Ham</p> <p>Roasted Potatoes</p> <p>Cherry Tomatoes and Cucumbers</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Peaches</p> <p>Low Fat Milk</p>	<p>4</p> <p><u>Italian Pasta Feast</u></p> <p>Breaded Mozzarella Sticks</p> <p>with Penne and Marinara Sauce</p> <p>or</p> <p>Chicken Alfredo over Rotini</p> <p>Carrots</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Pears</p> <p>Low Fat Milk</p>	<p>5</p> <p><u>Dress your own Hotdog</u></p> <p>Hot Dog on a Wheat Roll or Buffalo Chicken Wrap</p> <p>♥Michigan Sauce Ketchup, Mustard, Relish, Diced Onion</p> <p>Tator Tots</p> <p>Baked Beans</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Banana</p> <p>Low Fat Milk</p> 	<p>6</p> <p><u>Stuffed Crust Pizza</u></p> <p>Pepperoni, Cheese or Cook's Choice</p> <p>Steamed Broccoli</p> <p>Frito Cowboy Coleslaw</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Mixed Fruit</p> <p>Low Fat Milk</p> 
<p>9</p> <p>Sweet and Sour Chicken</p> <p>♥Savory Rice</p> <p>BBQ Pork on a Pretzel Roll</p> <p>Egg Rolls</p> <p>Green Beans</p> <p>BBQ Sauce</p> <p>Golden Sauce</p> <p>♥Pineapple Coleslaw</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Applesauce</p> <p>Low Fat Milk</p> 	<p>10</p> <p><u>Macho Nacho</u></p> <p>or Poutine with Beef Gravy and Mozzarella Cheese</p> <p>Seasoned Beef</p> <p>Shredded Lettuce</p> <p>Diced Tomato/Pickle Onions</p> <p>Cheddar Cheese/Salsa</p> <p>Roasted Street Corn</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Peaches</p> <p>Low Fat Milk</p> 	<p>11</p> <p>Veterans Day District Closed</p> <p>THANK YOU FOR SERVING OUR COUNTRY</p> <p>★ & ★</p> <p>PROTECTING OUR Freedom</p> 	<p>12</p> <p><u>Build Your Own Burger</u></p> <p>Bacon Cheeseburger on a Wheat Roll or</p> <p>Hot Honey Chicken with Cheddar Cheese on a Croissant</p> <p>♥Eagle Sauce, Pickles</p> <p>Lettuce, Tomato/Onion</p> <p>Baked Beans</p> <p>Baked French Fries</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Banana</p> <p>Low Fat Milk</p> 	<p>13</p> <p><u>Stuffed Crust Pizza</u></p> <p>Pepperoni, Cheese</p> <p>Cook's Choice</p> <p>Steamed Broccoli</p> <p>♥ Italian Tortellini Salad</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Mixed Fruit</p> <p>Low Fat Milk</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>Chicken Nuggets or BBQ Pork on a Pretzel Roll</p> <p>♥ Savory Rice Dumplings</p> <p>Green Beans</p> <p>BBQ Suace</p> <p>Golden Sauce</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Applesauce</p> <p>Low Fat Milk</p>	<p>17</p> <p>Macaroni and Cheese</p> <p>Hot Honey Chicken with Cheddar Cheese on a Croissant</p> <p>♥ Pineapple Coleslaw</p> <p>Steamed Carrots</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Peaches</p> <p>Low Fat Milk</p>	<p>18</p> <p><i>Thanksgiving Dinner</i></p> <p>Roasted Turkey</p> <p>Mashed Potatoes with Gravy</p> <p>Stuffing</p> <p>Sweet Corn</p> <p>Dinner Roll</p> <p>Cranberry Sauce</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Pears</p> <p>Low Fat Milk</p>	<p>19</p> <p><u>Dress your own Hotdog</u></p> <p>Hot Dog on a Wheat Roll or Buffalo Chicken Wrap</p> <p>♥ Michigan Sauce Ketchup, Mustard, Relish, Diced Onion</p> <p>Tator Tots</p> <p>Baked Beans</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Banana</p> <p>Low Fat Milk</p> 	<p>20</p> <p><u>Stuffed Crust Pizza</u></p> <p>Pepperoni, Cheese</p> <p>Cook's Choice</p> <p>Steamed Broccoli</p> <p>♥ Zesty Pasta Salad</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Mixed Fruit</p> <p>Low Fat Milk</p> 
<p>23</p> <p>Chicken Strips or BBQ Pork on a Pretzel Roll</p> <p>♥ Savory Rice</p> <p>Green Beans</p> <p>♥ Pineapple Coleslaw</p> <p>BBQ Sauce</p> <p>Golden Sauce</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Applesauce</p> <p>Low Fat Milk</p> 	<p>24</p> <p>No School</p> <p>Parent Teacher Conference</p> 	<p>25</p> <p>No School</p> 	<p>26</p> <p>No School</p> <p><i>Happy Thanksgiving</i></p> 	<p>27</p> <p>No School</p> 
<p>30</p> <p>Chicken Nuggets or BBQ Pork on a Pretzel Roll</p> <p>♥ Savory Rice Dumplings</p> <p>Green Beans</p> <p>♥ Pineapple Coleslaw</p> <p>BBQ Suace</p> <p>Golden Sauce</p> <p>Tossed Salad</p> <p>Low Fat Salad Dressing</p> <p>Chilled Applesauce</p> <p>Low Fat Milk</p>				

Soup Menu

♥ Soups are made from scratch daily!

Monday - Chicken Tortilla Soup

Tuesday - Chicken and Rice Soup

Wednesday - Loaded Baked Potato Soup

Thursday - Beef Chili

Friday - Cook's Choice

Students must take three components to make a reimbursable meal!

Parfait Menu

Monday - Berry, Berry Fruit Parfait

Tuesday - Strawberry, Blueberry Parfait

Wednesday - Strawberry, Banana Parfait

Thursday - Banana Split Parfait

Friday - Berry, Berry Fruit Parfait

All parfaits served with ♥ Granola