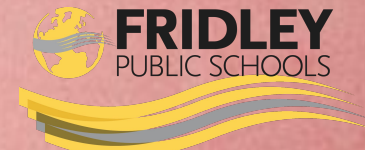


November 2026-Fridley Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Main: Hamburger or Cheeseburger on Bun French Fries Assorted Fruit & Veg Alt: Spicy or Regular Chicken Patty on Bun	3 No School	4 Main: Chicken Drumstick Wild Rice Medley Roasted Sweet Potatoes Assorted Fruit & Veg Alt: Cheese Bites	5 Main: Mac & Cheese Chicken Nuggets Roasted Broccoli Assorted Fruit & Veg Alt: Pizza	6 Main: Philly Beef Sandwich Fajita Veggies Carrots Assorted Fruit & Veg Alt: Cooks Choice
9 Main: Beef Sambusa Turmeric Rice Three Sister Salad Assorted Fruit & Veg Alt: Hamburger or Cheeseburger on Bun	10 Main: Walking Beef Taco Chips Mexican Beans Assorted Fruit & Veg Alt: Spicy or Regular Chicken Patty on Bun	11 Main: Cheese Omelet Eggo Waffle Roasted Delicata Squash Hot Cinnamon Apples Assorted Fruit & Veg Alt: PBJ with Cheese Stick	12 Main: Cooks Choice Steamed Corn Broccoli Assorted Fruit & Veg Alt: Pizza	13 No School
16 Main: Orange Chicken Brown Rice Garlic Green Beans Assorted Fruit & Veg Alt: Hamburger or Cheeseburger on Bun	17 Main: Turkey Chili Fritos Honey Roasted Carrots Assorted Fruit & Veg Alt: Spicy or Regular Chicken Patty on Bun	18 Main: Turkey Barbacoa Burrito Bowl, Tostitos Cilantro Lime Rice Ranchero Pinto Beans Assorted Fruit & Veg Alt: Chicken Tinga, Rice Tostitos	19 Main: Pizza Crunchers Roasted Broccoli Carrots Assorted Fruit & Veg Alt: Pizza	20 Main: Hot Dog on Bun Smashed Tator Tots Assorted Fruit & Veg Alt: Cooks Choice
23 Main: Chicken Patty on Bun Roasted Parmesan Potatoes Assorted Fruit & Veg Alt: Cheeseburger on Bun	24 Main: Pizza Steamed Corn Assorted Fruit & Veg Alt: Cooks Choice	25 No School	26 No School	27 No School

This institution is an equal opportunity provider. Due to supply chain issues, menu is subject to change based on availability. Please see online interactive menu for most up to date menu information. Limited quantities of alternate options are available.

Fridley Middle School November 2026 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Main: General Tso Chicken & Brown Rice Roasted Chili Edamame Assorted Fruit & Veg Alt: Hamburger or Cheeseburger on Bun	1 Main: Kick N Chicken Mashed Potatoes, Gravy Corn Assorted Fruit & Veg Alt: Spicy or Regular Chicken Patty on Bun	2 Main: Cheese Quesadilla Fiesta Black Beans Baby Carrots Assorted Fruit & Veg Alt: PBJ with Cheese Stick	3 Main: Chicken Alfredo Penne Pasta Garlic Breadstick Spinach Salad Assorted Fruit & Veg Alt: Pizza	4 Main: Homemade Cheesy Bread Marinara Sauce Lettuce Salad Assorted Fruit & Veg Alt: Cooks Choice

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