

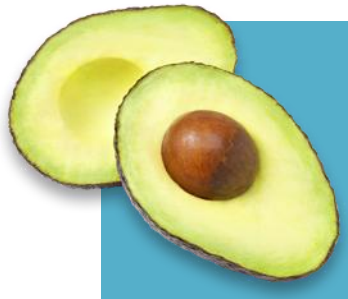
# November 2026

## Shelter Rock LUNCH MENU

| MON | TUES | WED | THURS | FRI |
|---|---|---|---|---|
| 2<br>Pasta Lunch<br>Meat sauce<br>Garlic Bread<br>Spinach/Caeser Salad<br>Fruit of the day | 3<br>Election Day<br>No School | 4<br>Grilled Cheese<br>Red Pepper Strip<br>Oven Roasted Zucchini<br>Fruit of the day | 5<br>Pancake with Syrup<br>Chicken Sausage, Green Beans<br>Tater tots<br>Fruit of the day | 6<br>Pizza Friday<br>Side Salad<br>Carrots with Dip<br>Fruit of the day |
| 9<br>Chicken Tenders<br>Sweet Potato Fries<br>Broccoli<br>Fruit of the day | 10<br>**Burger Bar**<br>Beef, Turkey or Veggie<br>Fries/all the fixings<br>Fruit of the day | 11<br>Veteran's Day<br>Schools Closed | 12<br>Mac & Cheese<br>WG Dinner Roll<br>Broccoli/Zucchini<br>Fruit of the day | 13<br>Pizza Friday<br>Side Salad<br>Black Beans<br>Fruit Of the day |
| 16<br>French Toast Sticks<br>Chicken Sausage Patty<br>Tater Tot/Cucumber Coins<br>Fruit of the day | 17<br>**Nachos**<br>Fiesta Rice<br>Corn/Blk Beans<br>Fruit of the Day | 18<br>Chicken Sandwich<br>Fries/Red Pepper Strips<br>Fruit of the day | 19<br>Pizza<br>Side Salad<br>Carrots<br>Fruit of the day | 20<br>School Closed |
| 23<br>Grilled Cheese<br>Red Pepper Strip<br>Garbanzo Beans<br>Fruit of the day | 24<br>Pizza Crunchers<br>Marinara Dipping Sc/Carrots<br>Cucumber Coins<br>Fruit of the day | 25<br>School Closed | 26<br>School Closed | 27<br>School Closed |
| 30<br>Baked Ziti<br>Garlic Bread<br>Caeser Salad/Spinach<br>Fruit of the day | | | | |

Powering potential.

**Menus are subject to change.**



Available daily
Sunflower Seed Butter and Jelly
Turkey, Ham or Bologna Sandwich
Bagel Lunch, Cereal Lunch Chicken Caeser Salad

All Lunches Must Include Choice of:
Fruits and/or Vegetable
And May Include:
1% Low-Fat Milk

aramark STUDENT NUTRITION

This institution is an equal opportunity provider.