



Memorial Junior High Grades 7-8

Enjoy a variety of fresh fruits and vegetables offered on the menu every day.

November

2026

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

2 MONDAY

- Breakfast** Homemade WG Pancakes, Turkey Sausage
- Grab & Go** Trix Cereal Bar, WG, Cheese Stick
- Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

5 THURSDAY

- Breakfast** Egg & Cheese on English Muffin
- Grab & Go** Frosted Flakes Cereal, WG, Cheese Stick
- Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

3 TUESDAY

- Breakfast** Plain Bagel, WG, Cream Cheese, plain, Scrambled Egg
- Grab & Go** Blueberry Muffin, Graham Crackers
- Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

6 FRIDAY

- Breakfast** French Toast Sticks
- Hashbrown Potato Rounds, Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat
- Grab & Go** Strawberry Cream Cheese Filled Bagel

4 WEDNESDAY

- Breakfast** Cinnamon Roll
- Grab & Go** Strawberry Pop-Tart, WG, Cheese Stick
- Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

EXTRA INFO

Harvest of the Month



For questions, please contact Food Service Director Lucy DuHaime at 216-691-2099 or by email at duhaimel@selschools.org.

This institution is an equal opportunity provider.

TAHER
www.taher.com



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9

MONDAY

Breakfast Turkey Sausage Breakfast Bites

Grab & Go Mini-Cinnis, WG

Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

12

THURSDAY

Breakfast Bagel Breakfast Sandwich

Grab & Go Cocoa Puffs Cereal, WG, Cheese Stick

Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

10

TUESDAY

Breakfast Breakfast Taco

Grab & Go Chocolate Chip Muffin, Cheese Stick

Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

13

FRIDAY

Breakfast Donut, WG

Grab & Go Lucky Charms Cereal, Graham Crackers

Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

11

WEDNESDAY

Breakfast Dutch Waffle.WG, Turkey Bacon

Grab & Go Frosted Brown Sugar Cinnamon Pop-Tart, WG, Graham Crackers

Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

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16

MONDAY

- Breakfast** Fluffy Pancakes, Turkey Sausage Patty
- Grab & Go** Trix Cereal Bar, WG, Cheese Stick
- Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

19

THURSDAY

- Breakfast** Egg & Cheese on English Muffin
- Grab & Go** Frosted Flakes Cereal, WG, Cheese Stick
- Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

17

TUESDAY

- Breakfast** Plain Bagel, WG, Cream Cheese, plain, Scrambled Egg
- Grab & Go** Blueberry Muffin, Graham Crackers
- Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

20

FRIDAY

- Breakfast** French Toast Sticks
- Hashbrown Potato Rounds, Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat
- Grab & Go** Strawberry Cream Cheese Filled Bagel

18

WEDNESDAY

- Breakfast** Cinnamon Roll
- Grab & Go** Strawberry Pop-Tart, WG, Cheese Stick
- Choice of Fruit, Juice Selection, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

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23

MONDAY

No School

26

THURSDAY

FILL IN SPECIAL

24

TUESDAY

No School

27

FRIDAY

No School

25

WEDNESDAY

No School

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30

MONDAY

Breakfast Homemade WG Pancakes,
Turkey Sausage

Grab & Go Trix Cereal Bar, WG, Cheese
Stick

Choice of Fruit, Juice Selection, 1%
Unflavored White Milk, 1% low Fat
Chocolate Milk

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

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