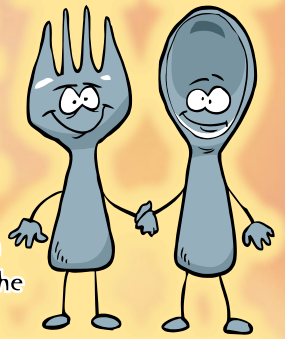
Liberty NOVEMBER 2026

USDA is an equal opportunity provider, employer, and lender.

THE FAMILY THAT EATS TOGETHER.



Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, November 2	Tuesday, November 3	Wed., November 4	Thursday, November 5	Friday, November 6
Breakfast Breakfast Variety	**Breakfast** Breakfast Variety	**Breakfast** Breakfast Variety	**Breakfast** Breakfast Variety	**Breakfast** Breakfast Variety
Lunch Fish Sticks Hushpuppies Black Eyed Peas Mac N Cheese Fruit	**Lunch** Chicken Fajita Nachos w/Salsa, Lettuce/Cheese Spanish Rice Black Beans Fruit	**Lunch** Popcorn Chicken w/ Asian Rice Spring Roll Broccoli Fruit Fortune Cookie	**Lunch** Pizza Garden Salad Corn Fruit Frozen Fruit Treat	**Lunch** Hamburger Lettuce, Pickles Baked Beans French Fries Fruit
Monday, November 9	**Tuesday, November 10**	**Wed., November 11**	**Thursday, November 12**	**Friday, November 13**
Breakfast Breakfast Variety	**Breakfast** Breakfast Variety	**Breakfast** Breakfast Variety	**Breakfast** Breakfast Variety	**Breakfast** Breakfast Variety
Lunch Spaghetti & Meat Sauce Breadstick Glazed Carrots English Peas Fruit	**Lunch** Walking Taco w/Salsa, Lettuce/Cheese Refried Beans Cilantro Lime Rice Fruit	**Lunch** Smoked Sausage & Pretzel Plate w/ Cheese Broccoli Roasted Potatoes Fruit	**Lunch** Pizza Garden Salad Corn Fruit Frozen Fruit Treat	**Lunch** Chicken Sandwich Lettuce, Pickles Baked Beans Tator Tots Fruit

Students:
Breakfast-No Charge
Lunch-No Charge

Daily Options:
PBJ Sandwich,
String Cheese, Grain,
Daily Fruit/Veggie Choices
Or
Protein Power Pack
w/Yogurt, String Cheese,
Grain, & Daily Fruit/Veggie Choices

Breakfast includes assorted fruit/juice
All meals include milk choice

Harvest of the Month

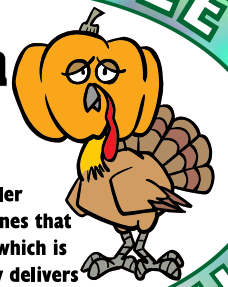
GEORGIA grown

Sweet Potatoes

Market conditions, delivery, and availability of food may require changes in menu.

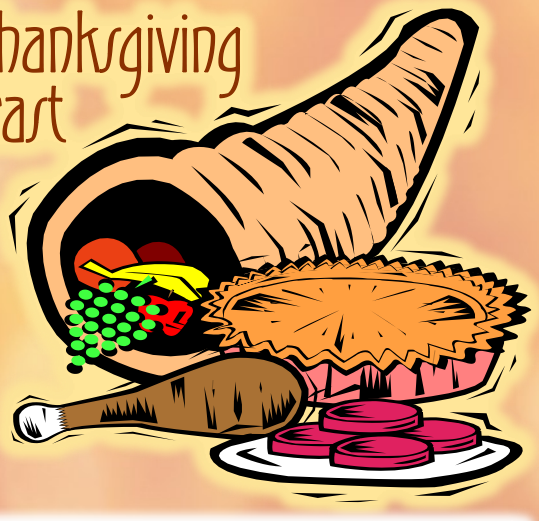
VEGETABLE OF THE MONTH

Pumpkin

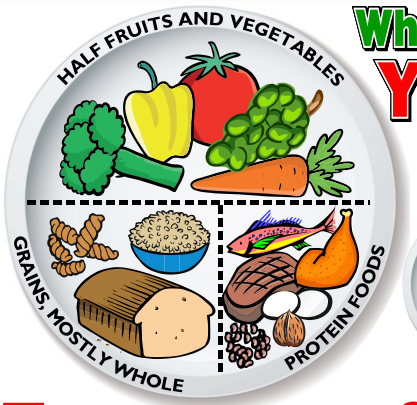


Halloween is over, so can we agree that the best pumpkins aren't the big carving ones that you can't eat? The much smaller "sugar pumpkins" are the ones that wind up in pumpkin pie, which is a dessert that actually delivers fiber and B vitamins!

Thanksgiving Feast

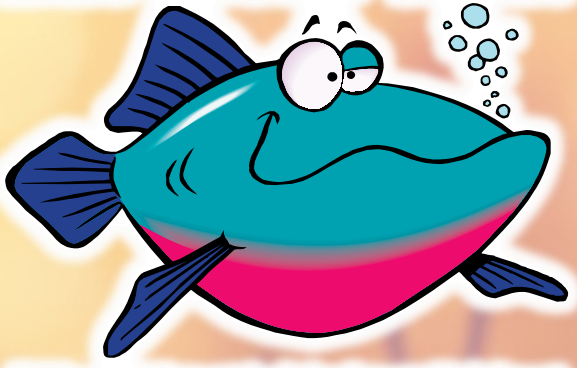


Monday, November 16	Tuesday, November 17	Wed., November 18	Thursday, November 19	Friday, November 20
Breakfast Breakfast Variety **Lunch** Mini Calzones w/ Marinara Garlic Knot Veggie Dippers California Blend Fruit	**Breakfast** Breakfast Variety **Lunch** Brunch for Lunch	**Breakfast** Breakfast Variety **Lunch** Deli Sandwich Veggie Dippers Pretzels Fruit	**Breakfast** Breakfast Variety **Lunch** Pizza Garden Salad Potato Smiles Fruit Frozen Fruit Treat	**Breakfast** Breakfast Variety **Lunch** Turkey w/Gravy Stuffing Green Beans Sweet Potatoes Cranberry Relish Cookie Fruit *Thanksgiving Meal*



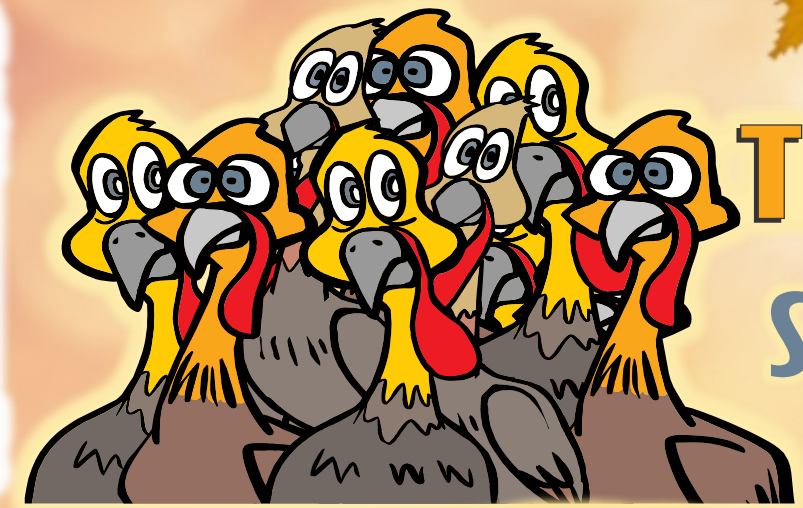
What's on YOUR plate?

Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!



Happy Thanksgiving!

See you Monday!

(Some of you, anyway!)

Monday, November 30
Breakfast Breakfast Variety **Lunch** Mini Corn Dogs Baked Beans Tator Tots Fruit

NUTRITION TO GO

Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for more!

A QUICK BITE FOR PARENTS

Many Moons

Native Americans had special names for every full moon of the year. One name for the November full moon is the "Much White Frost on Grass" moon, because November is when the cold weather sets in.