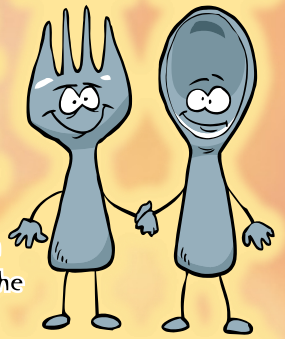
SCHS NOVEMBER 2026

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 Sub Your Way Lettuce, Tomato, Pickles Veggie Dippers Broccoli Salad Baked Chips Fruit	**Lunch** Street Tacos w/Salsa, Cheese Cilantro Lime Rice Roasted Jalapeno Corn Black Beans Fruit	**Lunch** Rotini Pasta or Cheesy Breadsticks w/ Marinara Garlic Toast Garden Salad Glazed Carrots Fruit	**Lunch** Boneless Chicken Wings w/ Texas Toast Celery/Carrot Dippers French Fries Fruit	**Lunch** Pizza Variety or Chicken Sandwich Garden Salad Corn Veggie Dippers Frozen Fruit Treat
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 Hot Dog w/ Chili or Spicy Chicken Sandwich Baked Beans Tator Tots Coleslaw Fruit	**Lunch** Cowboy Nachos w/Salsa, Lettuce/Cheese Spanish Rice Refried Beans Corn Fruit	**Lunch** Turkey w/Gravy Stuffing Green Beans Sweet Potatoes Cranberry Relish Cookie Fruit *Thanksgiving Meal*	**Lunch** Fish Sandwich or Bird Dog Sandwich Broccoli Black Eyed Peas Mac N Cheese Fruit	**Lunch** Pizza Variety or Chicken Sandwich Garden Salad Veggie Dippers Fruit RKT

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

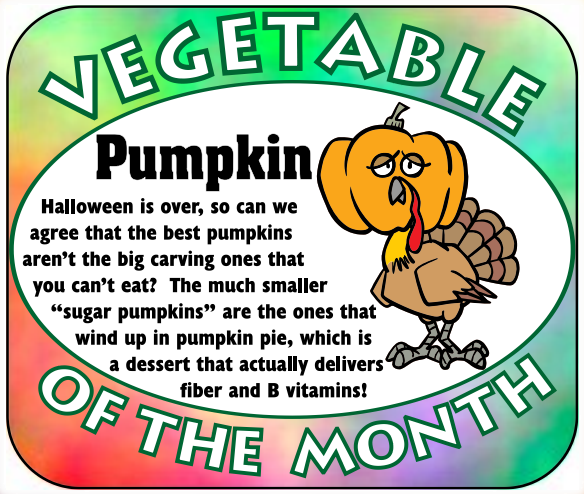
Breakfast includes assorted fruit/juice
All meals include milk choice

Harvest of the Month

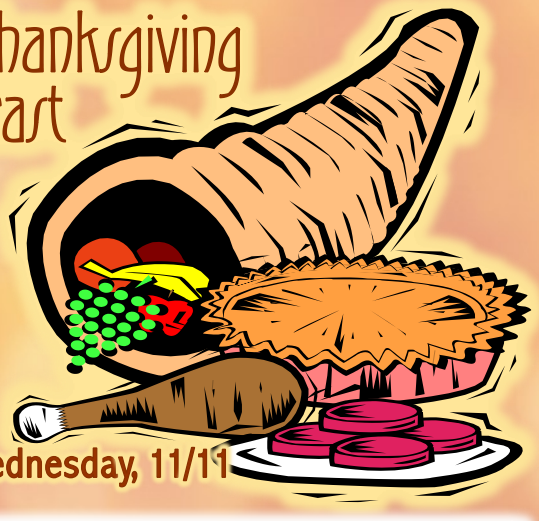
GEORGIA grown

Sweet Potatoes

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



Thanksgiving Feast

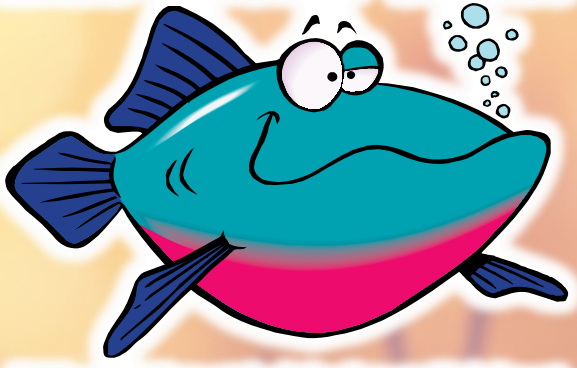


Wednesday, 11/11

Monday, November 16	Tuesday, November 17	Wed., November 18	Thursday, November 19	Friday, November 20
Breakfast Breakfast Variety **Lunch** Cheeseburger or Corn Dog Baked Beans French Fries Fruit	**Breakfast** Breakfast Variety **Lunch** Chili Breadstick Broccoli Baked Potato Fruit	**Breakfast** Breakfast Variety **Lunch** Smoked Sausage & Pretzel Plate w/ Cheese Cabbage Roasted Potatoes Fruit	**Breakfast** Breakfast Variety **Lunch** General Tso's Chicken w/ Asian Rice Spring Roll Veggie Blend Fruit Fortune Cookie	**Breakfast** Breakfast Variety **Lunch** Deli Sandwich Veggie Dippers Pretzels Fruit

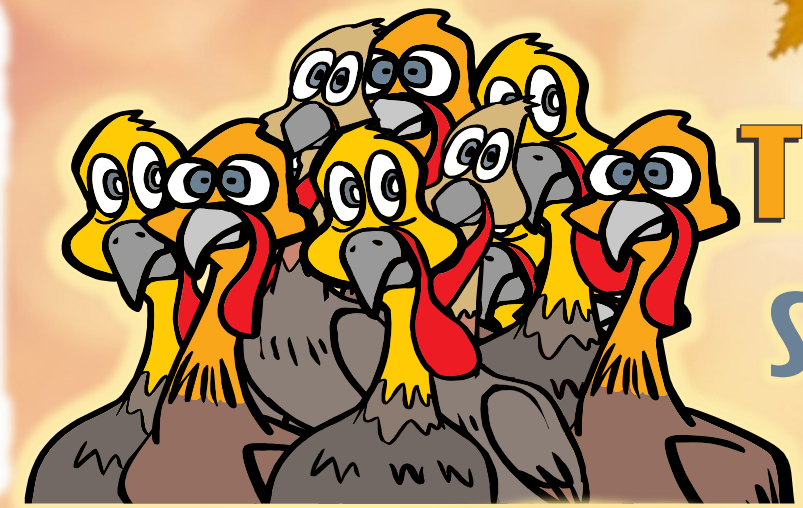
What's on YOUR plate?

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** Hot Dog or Spicy Chicken Sandwich Baked Beans Tator Tots Coleslaw 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.