Free Breakfast & Lunch Every Day
All students in New York can enjoy nutritious school meals at no cost

November 2026

Pre K Menu

coolcaf
FOOD • FUN • FRIENDS

GLENS FALLS CITY SCHOOL DISTRICT

*Indicates items that contain Pork

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **BKFST: Whole grain waffles** **Entree:** Chicken Nuggets **Side:** Baked beans **Veg:** Glazed carrots **Fruit:** Mandarin oranges	**3** **No School!** **Superintendent's Day**	**4** **BKFST:** Ham & Cheese Bagel melt **Entree:** Beef Hamburger on a whole grain bun **Side:** Potato Smile fries **Veg:** Pickle Spears **Fruit:** Strawberries	**5** **BKFST:** Cheese Omelets **Entree:** Chicken Alfredo **Side:** Whole grain pasta **Veg:** Steamed Broccoli **Fruit:** Applesauce Cup	**6** **BKFST:** Whole grain BOSCO Stick **Entree:** Cheese/Pepperoni* Pizza on whole grain crust **Side:** Garden Side salad **Fruit:** Diced pineapple
9 **BKFST:** Ham, cheese & egg taco **Entree:** Grilled Cheese Sandwich on whole grain bread **Side** Broccoli cheddar soup **Veg:** Potato Smile fries **Fruit:** Diced pears	**10** **BKFST:** Whole grain French toast **Entree:** Turkey Nachos **Side:** Whole grain chips **Veg:** Refried beans **Fruit:** Blueberries	**11** **No School!** **Veteran's Day**	**12** **BKFST:** Pancake Wrapped chicken Sausage **Entree:** Pizza Crunchers **Side:** Garden Side salad **Veg:** Cauliflower **Fruit:** Mandarin Oranges	**13** **BKFST:** Sausage & Cheese English muffins **Entree:** Cheese/Pepperoni* Pizza on whole grain crust **Veg:** Red pepper strips **Fruit:** Diced peaches
16 **BKFST:** Whole grain Pancakes **Half Day** **Grab and go Lunch Available**	**17** **BKFST:** Cheese Omelet **Entree:** Roasted Turkey **Side:** Stuffing **Veg:** Mashed potatoes Veg: Peas **Fruit:** Cranberry sauce	**18** **BKFST:** Whole grain donut wholes **Entree:** Chicken Nuggets **Side:** Pepper strips **Veg:** Black beans **Fruit:** Applesauce cup	**19** **BKFST:** Whole grain French toast Limited Time Offer **Entree:** Pepperoni Calzone **Side:** Potato smile fries **Veg:** Green beans **Fruit:** Diced pineapple	**20** **BKFST:** Whole grain waffles **Entree:** Cheese/Pepperoni* Pizza on whole grain crust **Side:** Caesar side salad **Veg:** Steamed carrots **Fruit:** Diced pears
23 **BKFST:** Whole Grain Pancakes **Entree:** Chicken patty sandwich on whole grain bun **Side:** Potato smile fries **Veg:** Sliced cucumbers **Fruit:** Diced peaches	**24** **BKFST:** Whole grain BOSCO stick **Half day!** **Grab and go lunch available.**	**25** 	**26** 	**27**
30 **BKFST:** Whole grain pancake wrapped chicken sausage **Entree:** Beef Goulash **Side:** Sliced cucumbers **Veg:** Broccoli w/ ranch **Fruit:** Mandarin oranges				

Served Daily at breakfast
Skim milk
100% Juice

Served Daily at Lunch
Skim milk

For questions about the menu, dietary, or Allergy concerns. Please contact:

Kerri Sanders ksanders@gfsd.org

This institution is an equal opportunity provider.