

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

November 2026

Vegan Menu



Chocolate Soy and Almond Milk available daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chick'n Sandwich On a pretzel bun Or Chick'n strips w/ Pretzel bites Side: Baked beans Veg: Glazed carrots Fruit: Mandarin oranges	3 No School! Superintendent's Day Vegan Lunch Menu	4 Garden veggie burger On a pretzel bun Or Chick'n strips w/ Pretzel bites Side: Potato Smile fries Veg: Pickle Spears Fruit: Strawberries	5 Chick'n parm with mozzarella Style cheese over Whole grain pasta Or Chick'n strips w/ Pretzel bites Veg: Steamed Broccoli Veg: Cucumber Slices Fruit: Applesauce Cup	6 Mozzarella style cheese pizza On a Cauliflower crust Or Chick'n strips w/ Pretzel bites Side: Garden Side salad Veg: :Garlic green beans Fruit: Diced pineapple
9 Cheddar style Grilled cheese On whole grain bread Or Chick'n strips w/ Pretzel bites Side Broccoli cheddar soup Veg: Potato Smile fries Fruit: Diced pears	10 Chick'n Nachos With whole grain chips Or Chick'n strips w/ Pretzel bites Side: Whole grain chips Veg: Refried beans Veg: Corn Fruit: Blueberries	11 No School! Veteran's Day	12 Mozzarella style Cheese quesadilla Pizza dipping sauce Or Chick'n strips w/ Pretzel bites Side: Garden Side salad Veg: Cauliflower Fruit: Mandarin Oranges	13 Mozzarella style cheese pizza On a Cauliflower crust Or Chick'n strips w/ Pretzel bites Side: Spinach side salad Veg: Red pepper strips Fruit: Diced peaches
16 Half Day Grab and go Lunch Available Vegan Lunch Menu	17 Entree: Roasted Tofurky Or Chick'n strips w/ Pretzel bites Side: Whole grain dinner roll Veg: Smashed potatoes Veg: Peas Fruit: Cranberry sauce	18 Entree: Chick'n Fajitas Flour Tortillas Or Chick'n strips w/ Pretzel bites Side: Pepper strips Veg: Black beans Fruit: Applesauce cup	19 Limited Time Offer Entree: Mozzarella style cheese Calzone Or Chick'n strips w/ Pretzel bites Side: Potato smile fries Veg: Green beans Fruit: Diced pineapple	20 Mozzarella style cheese pizza On a Cauliflower crust Or Chick'n strips w/ Pretzel bites Side: Caesar side salad Veg: Steamed carrots Fruit: Diced pears
23 Chick'n Sandwich On a pretzel bun Or Chick'n strips w/ Pretzel bites Side: Potato smile fries Veg: Sliced cucumbers Fruit: Diced peaches	24 Half day! Grab and go lunch available.	25 NO School! Happy Thanksgiving	26 NO School! Happy Thanksgiving	27 NO School! Happy Thanksgiving
30 Entree: Baked Ziti with mozzarella style cheese Side: Sliced cucumbers Veg: Broccoli Fruit: Mandarin oranges	Offered Daily at lunch Whole grain Bagel Pak 5.3oz soy yogurt, jelly and peanut butter cups. Garden vegetable salad with Chick'n			

For questions about the menu, dietary,
 or Allergy concerns. Please contact:
 Kerri Sanders ksanders@gfsd.org