BREAKFAST

NOVEMBER 2026

Academy of International Studies Pre-K

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal Fruit Milk	3 **No School** **Election Day**	4 Apple Cinnamon Roll Fruit Milk	5 Yogurt Parfait Fruit Milk	6 Cereal Fruit Milk
9 Mini Bagel with Strawberry Cream Cheese Fruit Milk	10 Raspberry Swirl Roll Fruit Milk	11 No School Veteran's Day	12 Assorted Muffins Fruit Milk	13 Cereal Fruit Milk
16 Banana Bread Fruit Milk	17 Cinnamon Swirl Roll Fruit Milk	18 Yogurt Parfait Fruit Milk	19 Low Sugar Pop Tarts Or Nutri-grain Bar Fruit Milk	20 Cereal Fruit Milk
23 Cereal Fruit Milk	24 Pumpkin Bread Fruit Milk	25 Assorted Muffins Fruit Milk	26 **Holiday Break**	27 **Holiday Break**
30 Cereal Fruit Milk				



A variety of fresh fruits and 100% juice are available daily with all breakfast meals.
In addition to the menu of the day, students may choose from a variety of cereals to complete a meal.
Low fat yogurt, string cheese are available with all breakfast meals.

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LUNCH

NOVEMBER 2026

Academy of International Studies K-5

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fries Hamburger or Cheeseburger French	**3** **No School** **Election Day**	**4** French Toast Sticks Sausage Links Juice Sweet Potato Fries	**5** Beef & Cheese Nachos Fiesta Beans Rice	**6** Stuffed Crust Pizza Roasted Broccoli Vege-Blend Juice
9 Breaded Chicken Bites Green Beans Dinner Roll	**10** Mini Corn Dog Nuggets Sweet Potato Fries Baked Beans	**11** **No School** **Veteran's Day**	**12** Chicken Fajita Corn	**13** Pizza Round Garden Salad
16 Beef Hot Dog Baked Beans Sweet Potato Puffs	**17** Chicken Taco Salsa Mixed Vegetables	**18** Mozzarella Sticks Marinara Sauce Garden Salad	**19** Popcorn Chicken Mashed Potato Corn	**20** Pizza Bagel Cucumber Coins Low Fat Dip
23 Bosco Sticks Marinara Sauce Green Beans	**24** Mac & Cheese Carrots	**25** Chicken Patty Corn	**26** **Holiday Break**	**27** **Holiday Break**
30 Breaded Chicken Drumstick or Chicken Tenders Fries				

A variety of fresh fruits and vegetables are included with all meals.
8 ounce serving of milk included with all meals.
Choices of milk include fat free chocolate, 1% white and Lactaid.

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