BREAKFAST

NOVEMBER 2026

Academy of International Studies K-5

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Maple Glazed Pancakes Fruit Milk	**3** **No School** **Election Day**	**4** Apple Cinnamon Roll Fruit Milk	**5** Yogurt Parfait Fruit Milk	**6** **Breakfast Sandwich** Egg & Cheese on a Bagel Fruit Milk
9 French Toast Bites Fruit Milk	**10** Raspberry Swirl Roll Fruit Milk	**11** No School Veteran's Day	**12** Assorted Muffins Fruit Milk	**13** **Breakfast Wrap** Bacon, Egg & Cheese Fruit Milk
16 Waffle Sticks 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** **Breakfast Sandwich** Egg & Cheese on a Bagel Fruit Milk
23 Pancakes Fruit Milk	**24** Pumpkin Bread Fruit Milk	**25** Assorted Muffins Fruit Milk	**26** **Holiday Break**	**27** **Holiday Break**
30 French Toast Sticks 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.

Capital Region Education Council is an equal opportunity employer.

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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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