Fulton County Schools

Menus for NOVEMBER 2026

This institution is an equal opportunity provider. Menus are subject to change.



AVAILABLE DAILY

Breakfast

Yogurt Parfaits, Pop Tarts, Cereal, Muffins, Donuts with Fruit, Juice & Milk

Option 2 Lunches

Monday– Pizza
Tuesday– Cheese Bread
Wednesday– Cheeseburger
Thursday– Boneless Wings
Friday– Corndog

Option 3– Salads Bar



Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
Breakfast Biscuits & Gravy w/Bacon	**Breakfast** Sausage, Egg, & Cheese Biscuit	**Breakfast** Breakfast Pizza	**Breakfast** Cinnamon Biscuits	**Breakfast** Chicken & Biscuit
Lunch Chicken Strips Roll Mashed Potatoes Green Beans Assorted Fruit Milk & Juice	**Lunch** Chicken & Cheese Quesadilla w/Queso Corn Refried Beans Assorted Fruit Juice & Milk	**Lunch** Baked Rotini w/Roll Mac & Cheese Baked Beans Carrots & Celery Ranch Assorted Fruit Juice & Milk	**Lunch** Sweet & Sour Chicken Roll Fried Rice Broccoli & Cheese Potato Wedges Assorted Fruit Juice & Milk	**Lunch** Chicken OR Beef Nachos Queso OR Cheddar Corn Refried Beans Assorted Fruit Juice & Milk
Monday, November 9	**Tuesday, November 10**	**Wednesday, November 11**	**Thursday, November 12**	**Friday, November 13**
Breakfast Biscuits & Gravy w/Sausage	**Breakfast** Bacon, Egg, & Cheese Biscuit	**Breakfast** Tornado w/Goldfish Graham	**Breakfast** Manager's Choice	**Breakfast** Iced Donuts
Lunch Breaded Pork Chop White Gravy Roll Mashed Potatoes Green Beans Assorted Fruit Juice & Milk	**Lunch** Chicken & Cheese Tortillas Corn Candied Carrots Assorted Fruit Broccoli & Tomato Juice & Milk	**Lunch** Scrambled Eggs Bacon OR Sausage Biscuits & Gravy Carrots w/Ranch Hashbrown Assorted Fruit Juice & Milk	**Lunch** Ham OR Turkey Dressing Roll & Cranberry Sauce Mashed Potatoes Green Beans Dessert Assorted Fruit Juice & Milk	**Lunch** Meatball Sub Green Beans Breaded Okra Cucumber & Cauliflower Assorted Fruit Juice & Milk



Friggatriskaidekaphobia

"Friggatriskaidekaphobia" is the irrational fear of Friday the 13th. There's really nothing to fear -- except maybe having to pronounce that word!

Word play

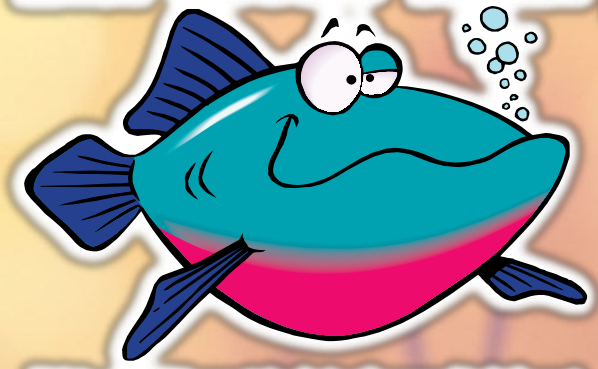


Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
Breakfast Biscuits & Gravy w/Bacon	**Breakfast** Sausage, Egg, & Cheese Biscuit	**Breakfast** Breakfast Pizza	**Breakfast** Cinnamon Biscuits	**Breakfast** Chicken & Biscuit
Lunch Salisbury Steak Brown Gravy Roll Mashed Potatoes Green Beans Assorted Fruit Milk & Juice	**Lunch** Beef & Bean Burrito w/ Queso Cheese Refried Beans Corn Assorted Fruit Milk & Juice	**Lunch** Chicken Sandwich Baked Beans Au Gratin Potatoes Assorted Fruit Milk & Juice	**Lunch** Chili Crispitos Broccoli & Cheese Straight Cut Fries Assorted Fruit Milk & Juice	**Lunch** Manager's Choice

What's on YOUR plate?

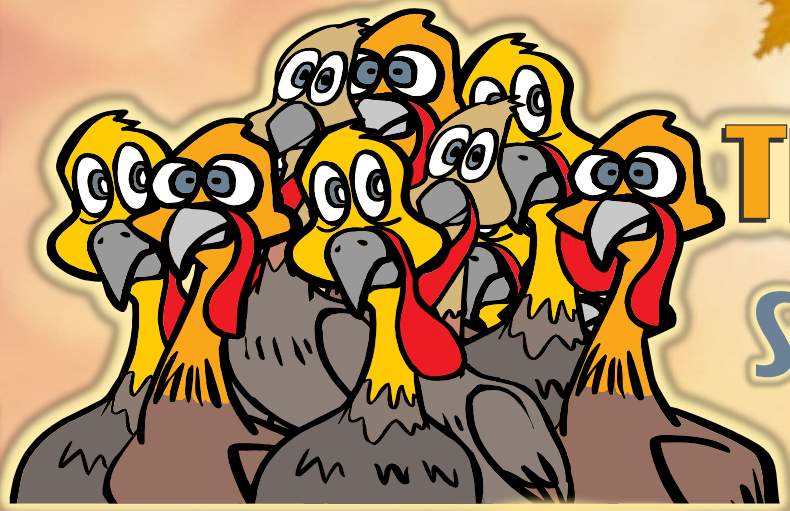


Eat more fish!



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!
(November 30)

Monday, November 30
Breakfast Biscuits & Gravy w/Bacon
Lunch Chicken Strips Roll Mashed Potatoes Green Beans Assorted Fruit Milk & Juice

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.