NOSH
NAPA'S OPERATIVE for SCHOOL food HEALTH

INDEPENDENT STUDIES MENU

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Banana Bread Fruit Milk (1% or Fat-Free)	**3** Whole Grain Concha Fruit Milk (1% or Fat-Free)	**4** Benefit Bar Fruit Milk (1% or Fat-Free)	**5** Yogurt with Granola Bites Fruit Milk (1% or Fat-Free)	**6** Local Belgian Waffle Fruit Milk (1% or Fat-Free)
9 Pumpkin Loaf Fruit Milk (1% or Fat-Free)	**10** Whole Grain Concha Fruit Milk (1% or Fat-Free)	**11** VETERANS DAY	**12** Fruit Smoothie and Graham Crackers Fruit Milk (1% or Fat-Free)	**13** Local Breakfast Oat Bar Fruit Milk (1% or Fat-Free)
16 Banana Bread Fruit Milk (1% or Fat-Free)	**17** Whole Grain Concha Fruit Milk (1% or Fat-Free)	**18** Benefit Bar Fruit Milk (1% or Fat-Free)	**19** Pumpkin Muffin Fruit Milk (1% or Fat-Free)	**20** Local Belgian Waffle Fruit Milk (1% or Fat-Free)
23	**24**	**25** THANKSGIVING BREAK	**26**	**27**
30 Benefit Bar Fruit Milk (1% or Fat-Free)	**1** Whole Grain Concha Fruit Milk (1% or Fat-Free)	**2** Pumpkin Loaf Fruit Milk (1% or Fat-Free)	**3** Fruit Smoothie and Graham Crackers Fruit Milk (1% or Fat-Free)	**4** Local Breakfast Oat Bar Fruit Milk (1% or Fat-Free)

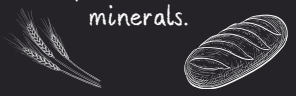
Harvest of the Month



Apples

DID YOU KNOW?

All of the grains served in our breakfast are made with whole grains — filled with fiber, protein, and important vitamins & minerals.



Contact Us:
707-253-3541
1360 Menlo Ave.
Napa,CA 94558

nosh_nvusd_childnutrition

This institution is an equal opportunity provider.

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MENÚ DE ESTUDIOS INDEPENDIENTES

Noviembre de 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2 Pan de banana Fruta Leche (1% o sin grasa)	**3** Concha de grano entero Fruta Leche (1% o sin grasa)	**4** Barra de beneficios Fruta Leche (1% o sin grasa)	**5** Yogur con bocaditos de granola Fruta Leche (1% o sin grasa)	**6** Gofre belga Fruta Leche (1% o sin grasa)
9 Pan de calabaza Fruta Leche (1% o sin grasa)	**10** Concha de grano entero Fruta Leche (1% o sin grasa)	**11** VETERANS DAY	**12** Batido de frutas y galletas Graham Fruta Leche (1% o sin grasa)	**13** Barra de avena para el desayuno local Fruta Leche (1% o sin grasa)
16 Pan de banana Fruta Leche (1% o sin grasa)	**17** Concha de grano entero Fruta Leche (1% o sin grasa)	**18** Barra de beneficios Fruta Leche (1% o sin grasa)	**19** Muffin de calabaza Fruta Leche (1% o sin grasa)	**20** Gofre belga Fruta Leche (1% o sin grasa)
23	**24**	**25** THANKSGIVING BREAK	**26**	**27**
30 Barra de beneficios Fruta Leche (1% o sin grasa)	**1** Concha de grano entero Fruta Leche (1% o sin grasa)	**2** Pan de calabacin Fruta Leche (1% o sin grasa)	**3** Batido de frutas y galletas Graham Fruta Leche (1% o sin grasa)	**4** Barra de avena para el desayuno local Fruta Leche (1% o sin grasa)

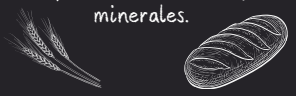
Cosecha del mes



Manzanas

¿SABÍAS?

Todos los cereales que servimos en nuestro desayuno están elaborados con cereales integrales.
Rico en fibra, proteínas e importantes vitaminas y minerales.



Contáctanos:
707-253-3541
1360 Avenida Menlo.
Napa, CA 94558

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Esta institución ofrece igualdad de oportunidades.