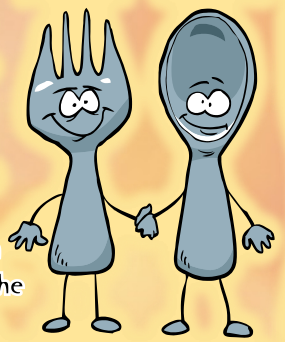
St. Mary Parish School District

Menus for NOVEMBER 2026

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

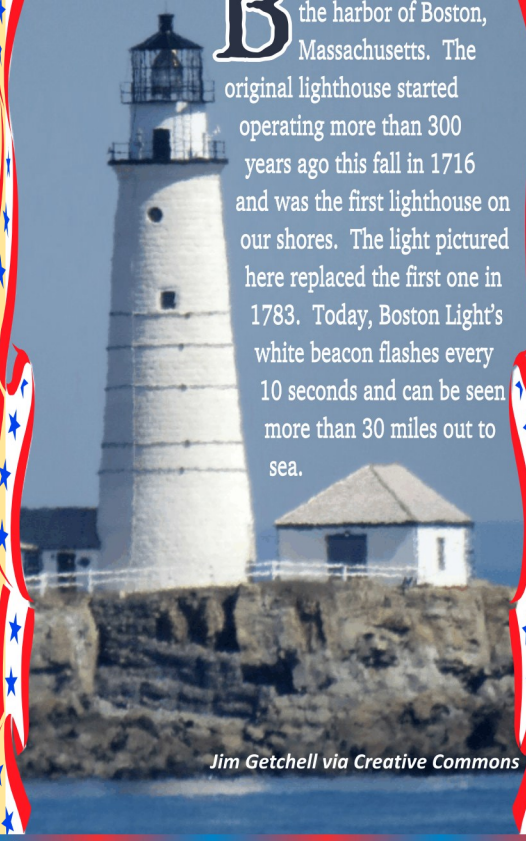
THE FAMILY THAT EATS TOGETHER.



Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

★ Our Nation's History ★



Boston Light sits outside the harbor of Boston, Massachusetts. The original lighthouse started operating more than 300 years ago this fall in 1716 and was the first lighthouse on our shores. The light pictured here replaced the first one in 1783. Today, Boston Light's white beacon flashes every 10 seconds and can be seen more than 30 miles out to sea.

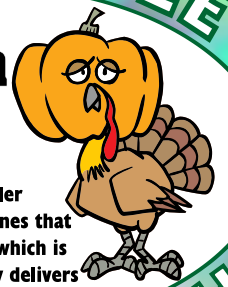
Jim Getchell via Creative Commons

★ With Liberty & Justice for All ★

Monday, November 2	Tuesday, November 3	Wed., November 4	Thursday, November 5	Friday, November 6
Breakfast Mini Blueberry Waffles Peaches Juice Milk **Lunch** White Beans & Rice Spinach Carrot Coins Mixed Fruit Cornbread Milk		**Breakfast** Eggstravaganza Wheat Tortilla Salsa Pears Juice Milk **Lunch** Lasagna California Blend Green Beans Pears Garlic Roll Milk	**Breakfast** Sausage Biscuit Apple Sauce Juice Milk **Lunch** BBQ Hamburger Carrot Sticks Crinkle Cut Fries Fresh Orange Milk	**Breakfast** Breakfast Pizza Fruit Cocktail Juice Milk **Lunch** Chicken Fajitas Corn Refried Beans Fresh Apple Milk
Monday, November 9	**Tuesday, November 10**	**Wed., November 11**	**Thursday, November 12**	**Friday, November 13**
Breakfast Chicken Biscuit Fruit Cocktail Juice Milk **Lunch** Mandarin Orange Chicken Fried Rice Egg Roll Spinach Oriental Vegetables Mixed Fruit Milk	**Breakfast** Oatmeal Cinnamon Toast Pears Juice Milk **Lunch** Corn Dog Crinkle Cut Fries Mixed Vegetables Oranges Milk	**Breakfast** French Toast Sticks Fruit Cocktail Juice Milk **Lunch** Chili Frito Pie Carrot Coins Broccoli Cornbread Pears Milk	**Breakfast** Pancake on a Stick Applesauce Juice Milk **Lunch** Spaghetti with Meat Sauce Spring Mix Salad Green Beans Fresh Orange Roll Milk	**Breakfast** Eggstravaganza Toast Peaches Juice Milk **Lunch** Hamburger Pickles Pinto Beans Sweet Potato Fries Fresh Apple Milk

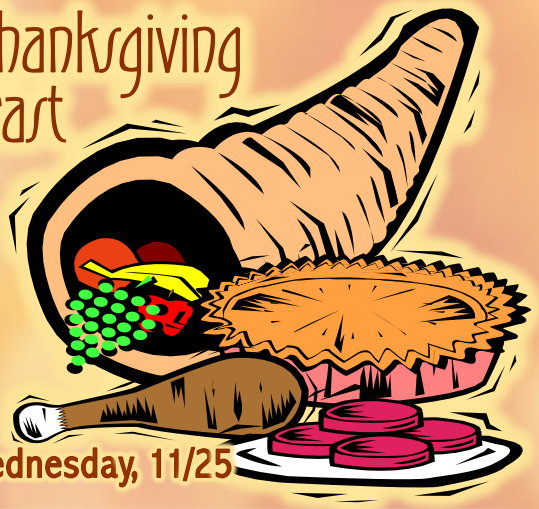
VEGETABLE OF THE MONTH

Pumpkin



Halloween is over, so can we agree that the best pumpkins aren't the big carving ones that you can't eat? The much smaller "sugar pumpkins" are the ones that wind up in pumpkin pie, which is a dessert that actually delivers fiber and B vitamins!

Thanksgiving Feast



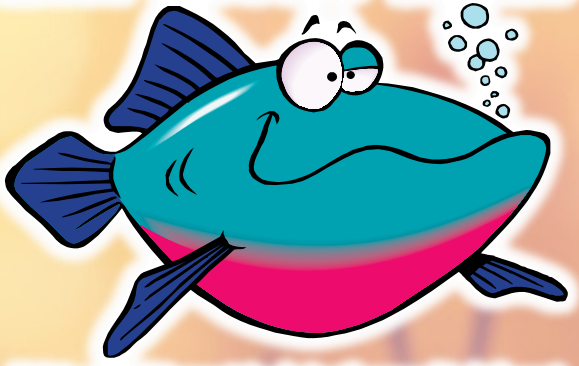
Wednesday, 11/25

Monday, November 16	Tuesday, November 17	Wed., November 18	Thursday, November 19	Friday, November 20
Breakfast Mini Blueberry Pancake Bites Peaches Juice Milk **Lunch** Red Beans & Rice w/ Sausage Mixed Vegetables Spinach Apple Cornbread Milk	**Breakfast** Maple Waffle Chicken Sandwich Pears Juice Milk **Lunch** Chicken Nuggets Pinto Beans Carrot Coins Pears Roll Milk	**Breakfast** Sausage Biscuit Fruit Cocktail Juice Milk **Lunch** Corn Dog Crinkle Cut Fries California Blend Peaches Milk	**Breakfast** Scrambled Eggs Toast Pears Juice Milk **Lunch** Turkey Roast Rice Dressing Sweet Potato Crunch Celery Sticks Fresh Orange Roll Milk	**Breakfast** Cinnamon Roll Banana Juice Milk **Lunch** Pepperoni Pizza Corn Green Beans Pears Milk



What's on YOUR plate?

Eat more fish!



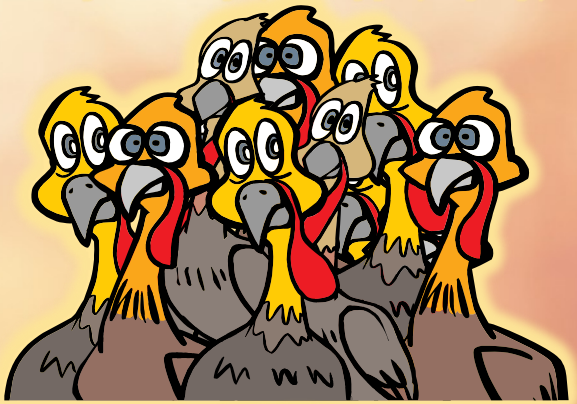
Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

Monday, November 23	Tuesday, November 24	Wed., November 25
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break

Happy Thanksgiving!

See you Monday! (Some of you, anyway!)



Monday, November 30
Breakfast Chicken Biscuit Mandarin Oranges Juice Milk **Lunch** Red Beans & Rice Corn Broccoli Pears Cornbread Milk

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.