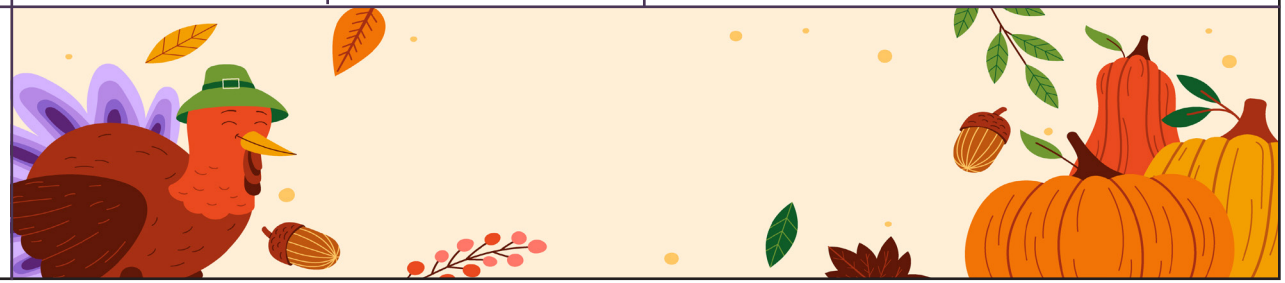
HEALTHY NUTRITION

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 a.m. Chex Cereal & Berries **Three Bean soup** **Cornbread** **Corn & Diced Tomatoes** **Fruit Medley** p.m. Multi Seed Crackers w/ Apple Slice	3 a.m. English Muffin w/ Melted Cheese **Ground Turkey Lasagna Bake (VA: Tofu)** **Whole Wheat Garlic Bread** **Roasted Zucchini & Squash** **Fresh Melon** p.m. Wheat Thin Crackers w/ Cheese Slices	4 a.m. Yogurt & Granola **Sliced Potato and Ground Turkey Casserole (VA: Tofu)** **Toasted Whole Wheat Garlic Bread** **Fresh Edamame** **Orange Slices** p.m. Cheese & Tomato Quesadilla	5 a.m. Warm Cinnamon Apples & Wheat Toast **Flame Broiled burgers w/ Cheese (VA: Beyond Beef) on Whole Wheat Bread** **California Salad w/ Tomato & Avocado** **Pears** p.m. Wheat Pretzels & Orange Slices	6 a.m. Biscuit w/ Melted Cheese **Chicken, Spinach and Cheese Enchiladas (VA: Black Beans)** **Warm Wheat Tortillas** **Fresh Corn Kernels** **Fresh Peaches** p.m. Ritz Crackers & Fruit
9 a.m. Peaches & Cottage Cheese **Whole Wheat Pasta Alfredo w/ Peas** **Whole Wheat Garlic Bread** **Fresh Vegetable Medley** **Apple Sauce** p.m. English Muffin & Bananas Slices	10 a.m. Wheat Cheese Toast **Shepherd's Pie (VA: Green Peas)** **Buttered Whole Wheat Bread** **Fresh Asparagus** **Apple Slices** p.m. Toasted Veggie Crackers & Cheese Slices	11 a.m. Stewed Apples & Spiced Oatmeal **Parmesan Chicken with Whole Wheat Pasta (VA:Breaded Tofu)** **Whole Wheat Garlic Bread** **Italian Salad w/Tomato & Cucumber** **Fresh Mandarin Oranges** p.m. Pita Bread & Hummus	12 a.m. Bagel w/ Cream Cheese & Berries **Beef & Bean Chili (VA: Pinto Beans)** **Cornbread** **Roasted Zucchini & Squash** **Bananas** p.m. Ritz Crackers & Fruit	13 a.m. Whole Grain Waffles & Berries **Chicken Noodle Soup (VA: Chickpeas)** **Whole Wheat Garlic Bread** **Fresh Green Beans** **Pears** p.m. Cheddar Rice Cakes & Carrot w/ranch dip
16 a.m. Bagel w/ Melted Cheese **Tomato Soup & Grilled Cheese On Whole Wheat Bread** **Sweet Peas** **Fresh Fruit Medley** p.m. Toasted Veggie Crackers & Melon	17 a.m. Blueberry Muffins **Chicken, Potato & Veggie Bake (VA: Green Peas)** **Toasted Whole Wheat Garlic Bread** **Coleslaw & Pinto Beans** **Orange Slices** p.m. English Muffin Pizzas	18 a.m. Fruit and Yogurt Parfait Roasted Turkey **Buttered Whole Wheat Bread** **Mashed Potatoes & Green Beans** **Peaches** p.m. Multi Seed Crackers w/ Smashed Avocado	19 a.m. Smashed Avocado & Wheat Toast **Green Chile Chicken & Bean Casserole (VA: Black Beans)** **Wheat Tortillas** **Ranch Salad w/Tomato & Cheddar Cheese** **Fresh Melon** p.m. Apples & Chex Cereal	20 a.m. Biscuits & Fruit **Cheesy Chicken & Spinach Casserole (VA: Chickpeas)** **Spanish Rice** **Diced Carrots** **Pears** p.m. Wheat Thin Crackers w/Cheese
23 a.m. English Muffins & Cheese **Pinto Bean Chili** **Cornbread** **Chopped Broccoli & Cauliflower** **Fresh Bananas** p.m. Apples & Cheese Slices	24 a.m. Wheat Cinnamon Toast & Fruit **Whole Wheat Pasta Alfredo w/ Chicken (VA: Tofu)** **Toasted Whole Wheat Garlic Bread** **Pea & Carrot Medley** p.m. Pears	25 a.m. Oatmeal w/ Fresh Berries **Tuna Salad Sandwich (VA: Cheese Sandwich) on Whole Wheat Bread** **Greek Salad w/Tomato & Feta Cheese** **Apple Slices** p.m. Cheddar Rice Cakes & Orange Slices		
30 a.m. Biscuit w/ Melted Cheese **Whole Wheat Pasta w/ Marinara Sauce Toasted** **Whole Wheat Garlic Bread** **Corn & Peas** **Fruit Medley** p.m. Multi Seed Crackers w/ Apple Slice				

DOWNLOAD MENU TO YOUR PHONE

- All varieties of dairy are made from whole milk.
- Our nutrition plan exclusively serves whole grain pasta, rice & bread items.
- All servings of vegetables are served fresh daily.

. Vegetarian Alternative Offered

- 12-24 months whole milk offered with lunch
- 2 yr. and up 2% milk offered with lunch

All Healthy Menu items are Locally Sourced!

Ask your principal about vegetarian & vegan dietary needs!