BREAKFAST

NOVEMBER 2026

Allen Grade School

18 Days
Milk & Juice served with meal

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cinnamon Toast Crunch Bar or Nutri-Grain Bar String Cheese Fruit Cup	3 Cereal Yogurt Fruit Cup	4 Mini Cinnamon & Sugar Donuts Cheese Cubes Mixed Fruit	5 Waffle Syrup Peaches	6 Biscuit & Gravy Applesauce
9 Poptart or Chocolate Chip Granola Bar String Cheese Mandarin Oranges	10 Cereal Yogurt Peaches	11 Frudel Stick Cheese Cubes Pineapple	12 Waffle Syrup Applesauce	13 Breakfast Pizza Fruit Cup
16 Cinnamon Toast Crunch Bar or Nutri-Grain Bar String Cheese Pears	17 Cereal Yogurt Applesauce	18 Mini Cinnamon & Sugar Donuts Cheese Cubes Pears	19 Pancake Syrup Fruit Cup	20 Egg Patty Tri-Tater Peaches
23 Poptart or Chocolate Chip Granola Bar String Cheese Mixed Fruit	24 Cereal Yogurt Pears	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 Cinnamon Toast Crunch Bar or Nutri-Grain Bar String Cheese Fruit Cup				



“Healthy Menu and Shopping Strategies: To prepare your healthy menus, you'll need to have healthy ingredients on hand. Your shopping strategies should focus on fresh and unprocessed foods. That means spending more time in the produce section, where you can stock up on fruits and vegetables. Keep an eye out, too, for whole grains and low-fat dairy products.” (www.mayoclinic.org)

LUNCH

NOVEMBER 2026

Allen Grade School

18 Days
Meal served with milk

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Corn Dogs Tater Tots Baked Beans Baked Apple	3 Salisbury Steak Mashed Potatoes w/Gravy Peas Mixed Fruit	4 Grilled Chicken Breast on Bun Sweet Potato Fries Green Beans Peaches	5 Chicken & Cheese Tacos Salad Corn Applesauce	6 Sausage Pizza Salad Carrots Mandarin Oranges
9 Breaded Chicken Patty on Bun Chips & Salsa Broccoli Peaches	10 Popcorn Chicken Mashed Potatoes w/Gravy Corn Pineapple	11 BBQ on Bun Sweet Potato Fries Baked Beans Applesauce	12 Sliced Ham Au Gratin Potatoes Green Bean Cass. Baked Apples	13 Breadsticks Marinara Peas Pears
16 Hamburger on Bun French Fries Baked Beans Applesauce	17 Toasted Meat Ravs Marinara Corn Pears	18 Turkey Dinner Mashed Potatoes w/Gravy Green Bean Cass. Jello w/Fruit	19 Hot Ham & Cheese Sandwich Chips & Salsa Broccoli Peaches	20 Cheese Pizza Salad Carrots Mixed Fruit
23 Chicken Noodle Soup Cheese Stick Raw Veggies Rosey Pears	24 Mini Calzone Marinara Green Beans Mandarin Oranges	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 Rib on Bun French Fries Green Beans Applesauce				

