BREAKFAST

NOVEMBER 2026

LJSH

18 Days
Milk & Juice served with meal

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

LJSH

18 Days
Meal served with milk

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

