

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Shreddies, milk, pears Broccoli & Cheese Quiche, Mac & Cheese, Raw Green Beans, Milk Cheese, Triscuits, peppers	4. Cinnamon Raisin toast, Plums Pulled pork, buns, coleslaw, pepper slices, milk Frozen yogurt tubes, peaches	5. Pancakes, strawberries. Tomato, Macaroni soup, Grilled cheese sandwiches, cucumbers, milk Cocoa Zucchini loaf, Bananas	6. Blueberry Muffins, Yogurt Salmon Nuggets, mashed potatoes, roasted carrots, milk Pita bread, Tzatziki, cucumbers	7. Rye toast, eggs, apples Roasted chicken, Pasta Parmesan, Peas, milk Fruit Salad, Breadsticks
10. Yogurt, Bananas Quesadillas, with chicken, cheese, corn, pepper slices milk Cheese, Pickles, Ritz crackers	11 Applesauce, Granola Turkey noodle soup, Sub sandwiches with chicken, lettuce, cheese, milk Arrowroot cookies, pears	12. English muffins, fruit spread, plums Lasagna, Garden salad with lettuce, tomatoes, carrots & cucumbers, milk Trail mix, Honeydew melon	13. Mini Wheats, milk, peaches Shepherd's pie, buns, cucumbers Banana bread, blueberries	14. Mini Croissants, pineapple Chicken/vegetable stew, vegetable slices, buns, milk Melba toast, cream cheese, cucumbers
17. Rice Crispies, Milk bananas Chili, buns, pepper slices Rice cakes, plums	18. Cinnamon Raisin Bagels, Strawberries Meatloaf, Mashed potatoes, corn, peas, milk Cranberry Granola bars, oranges	19. Egg bites, pears Penne pasta, Meat sauce, cooked carrots, milk Pita pieces, salsa	20. Apple cinnamon oatmeal, berries Chicken fajitas with cheese, peppers, rice, peas Rice crackers, cheese, cucumbers	21. Fruit Yogurt, granola Meatballs, rice, peas, roasted carrots, milk Oatmeal raisin cookies, Apple slices
24. Toast, apples, cheese Scrambled eggs, roasted potatoes, peas, bread, milk Trail mix, oranges	25. Cheerios, milk, bananas Spaghetti, meatballs, Caesar salad, milk Pears, arrowroot cookies	26. Yogurt, frozen berries, granola Chicken/vegetable stir fry, rice, green beans, milk Cheese, Triscuits, apple slices	27. Apple sauce, banana muffins Cheese burgers, lettuce, tomatoes, veggie slices, milk Mini naan bread, cream cheese, cucumber slices	28. Toast, eggs, pears Chicken, vegetable stew, buns, veggie sticks Cantaloupe, crackers, wow butter