

Breakfast and Lunch Menu November 16 to November 20, 2026

DAY	BREAKFAST	LUNCH
MONDAY	French toast. Whole-grain cereal. 100% fruit juice. Fresh fruit. Choice of fat-free or low-fat milk.	Chicken thighs. Mashed potatoes. Mixed vegetables. Fresh fruit. Choice of fat-free or low-fat milk.
TUESDAY	Breakfast skillet bowl with eggs, cheese and potatoes. Whole-grain cereal. 100% fruit juice. Fresh fruit. Choice of fat-free or low-fat milk.	Pork quesadilla. French fries. Fresh celery and carrots. Fresh fruit. Choice of fat-free or low-fat milk.
WEDNESDAY	Whole-grain meat empanada. 100% fruit juice. Fresh fruit. Choice of fat-free or low-fat milk.	Hamburger with American cheese on a whole-grain bun. French fries. Fresh fruit. Choice of fat-free or low-fat milk.
THURSDAY	Whole-grain corn muffin. Assorted fruit yogurt. 100% fruit juice. Fresh fruit. Choice of fat-free or low-fat milk.	Whole-grain cheese pizza. Choice of pepperoni pizza for grades 9–12. Celery and carrots with ranch dressing. Fresh fruit. Choice of fat-free or low-fat milk.
FRIDAY	Turkey sausage, egg and cheese sandwich on a whole-grain bun. 100% fruit juice. Fresh fruit. Choice of fat-free or low-fat milk.	Meatballs in tomato sauce with whole-grain pasta. Mixed vegetables. Fresh fruit. Choice of fat-free or low-fat milk.

This institution is an equal opportunity provider.