

K-12 Café Menu

Menus for NOVEMBER 2025

This institution is an equal opportunity provider. Menus are subject to change.

Monday, November 3

Breakfast

Pancakes
Assorted muffins

Lunch

Beef or chicken empanada
Salsa and rice
Steamed peas
Fresh fruit selection

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, November 4



**No SCHOOL
TODAY**

**Make sure your
family votes!**

Wednesday, November 5

Breakfast

Cinnamon mini bagel
Assorted muffins

Lunch

Chef's choice chicken
Buttered noodles
Diced cooked carrots
Mixed fruit

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, November 6

Breakfast

Banana bread slice
Assorted cereal

Lunch

Grilled cheese sandwich
Tomato soup
Goldfish crackers
Peaches

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, November 7

Breakfast

Mini French toast
Assorted muffins

Lunch

Meatball hoagie marinara
Baked chips, mozzarella
Garlic green beans
Pears

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Monday, November 10

Breakfast

Blueberry mini waffle
Assorted cereal

Lunch

French toast with syrup
Sausage patty
Hash brown patty
Orange smiles

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, November 11

Breakfast

Cheese omelet
Assorted muffins

Lunch

All beef cheeseburger on bun
Sweet potato fries
Lettuce, tomato, pickles
Cake

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, November 12

Breakfast

Strawberry mini bagel
Assorted cereal

Lunch

Hot ham & cheese croissant
Baked low fat Doritos
Carrot sticks with ranch
Sliced Peaches

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, November 13

Breakfast

Breakfast calzone
Assorted muffins

Lunch

Orange chicken
White rice
Steamed broccoli
Mandarin oranges

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, November 14

Breakfast

Muhl muffin sandwich
Assorted cereal

Lunch

Mickey's pizza slice
Snack bag
Carrot sticks with ranch dip
School cookie

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free



STRANGE BUT TRUE!

WATER BIRDS LIKE GEESE AND SWANS
MAY GLIDE PEACEFULLY ON THE
WATER AND WADDLE COMICALLY
ON LAND, BUT IN THE AIR THEY
TAKE IT TO A WHOLE DIFFERENT
LEVEL. THEY SOMETIMES MIGRATE
AT 25,000 FEET IN THE AIR –
THAT'S MORE THAN FOUR MILES HIGH!

FIND THE FIBER.

It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-



important
nutrient
should look
like this
stuff: fresh
whole fruits
and veggies,

beans, nuts, and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get

most of
your fiber
where it
occurs
naturally,
rather
than from
highly



processed foods that include fiber as an added ingredient so they can be sold as "high fiber."

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Feast o' Fiber!

Lots of the foods we eat on Thanksgiving are good fiber sources, including all of the ones listed below. Find and color all of the letters in these "fiber foods," and then unscramble the leftover letters to learn the name of one Turkey Day favorite that contains no fiber.

**Broccoli Carrots Pumpkin Pie
Sweet Potatoes Cranberry Sauce**



ANSWER: _____

Even though this favorite food doesn't have any fiber, it's still a nutritious source of high quality protein that's relatively low in fat and calories compared to many other protein foods! Enjoy it along with generous portions of the higher-fiber stuff!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Monday, November 17	Tuesday, November 18	Wed., November 19	Thursday, November 20	Friday, November 21
<u>Breakfast</u> French toast Assorted muffins <u>Lunch</u> Steak stuffed pinwheels Marinara sauce Garlic green beans Peaches	<u>Breakfast</u> Breakfast burrito Assorted cereal <u>Lunch</u> Boneless wings with dip Rice pilaf Steamed broccoli Ice cream treat	<u>Breakfast</u> Dutch waffle Assorted muffins <u>Lunch</u> Hot dog on wheat bun Baked chips Side salad with dressing Fresh fruit selection	<u>Breakfast</u> Western omelet Assorted cereal <u>Lunch</u> Roast turkey, dinner roll Mashed potatoes with gravy Buttered corn, cranberries Apple turnover	<u>Breakfast</u> Cinnamon bun Assorted muffins <u>Lunch</u> Max cheese filled sticks Marinara sauce, snack bag Chef's choice salad or veggie Individual wrapped cookie
All meals will have a choice Of milk and juice Menu subject to change All meals served for free	All meals will have a choice Of milk and juice Menu subject to change All meals served for free	All meals will have a choice Of milk and juice Menu subject to change All meals served for free	All meals will have a choice Of milk and juice Menu subject to change All meals served for free	All meals will have a choice Of milk and juice Menu subject to change All meals served for free

