November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oatmeal Squares w/1% Milk Banana **Chicken Alfredo** **W.W. Bread w/butter** **Steamed Broccoli** **Applesauce & 1% Milk** Goldfish Crackers Fruit Cocktail	3 W.G. English Muffin w/jelly Clementines & 1% Milk **Swedish Meatballs** **W.G. Dinner Roll w/butter** **Mashed Potatoes** **Diced Pears & 1% Milk** Baby carrots w/Ranch Grapes	4 Scrambled Eggs Pineapples & 1% Milk **Pulled Pork Sandwich** **W.G. bun** **Ketchup/BBQ Sauce** **Corn** **Mandarin Oranges** **1% Milk** Pretzels & Kiwi	5 French Toast Sticks Diced Peaches & 1% Milk **Tator Tot Casserole** **W.G. Dinner Roll w/butter** **Grape Tomatoes** **Fruit Variety & 1% Milk** Cheese Stick Orange Slices	6 No School
9 Honey Bunches of Oats Banana & 1% Milk **Three Cheese Pizza** **Pepita Seeds** **Sugar Snap Peas w/Ranch** **Applesauce & 1% Milk** Bagel w/dip Pear Wedges	10 W.W. Toast Strawberries 1% Milk **Hot Dog on a W.G. Bun** **Ketchup/Mustard** **Sweet Potato Fries** **Apple Wedges** **1% Milk** Rice Cake & Yogurt	11 Veteran's Day Closed	14 Vanilla Yogurt Berries & 1% Milk **W.W. Quesadillas** **Sour Cream/Salsa** **Cooked Beans** **Pineapple & 1% Milk** Orange/Strawberry Julius Graham Crackers	15 Biscuit w/ honey Clementine & 1% Milk **Meatloaf** **Mashed Potatoes w/gravy** **Fruit Varity** **W.G. Dinner Roll** **1% Milk** 1% Cottage Cheese Diced Peaches
16 Corn Flakes w/1% Milk Clementine **W.W. Ham/Cheese Sandwich** **Rainbow Carrots w/Ranch** **Applesauce** **1% Milk** Popcorn Strawberries	17 Cinnamon Swirl Toast Berries & 1% Milk **Meatball sandwich** **W.G. bun** **Celery sticks** **Kiwi** **1% Milk** Banana Sushi	18 Breakfast Burritos Diced Peaches w/1% Milk **Chicken Strips** **Ketchup/BBQ Sauce** **Brown Rice/Quinoa** **Corn** **Grapes & 1% Milk** W.G. Sweet Potato Bites Broccoli w/ ranch	19 Waffles w/ syrup Orange Wedges 1% Milk **Ham** **Garlic mashed** **Pineapples** **W.G. Stuffing** Fruit Smoothie Crackers	20 Graham Crackers Mandarin Oranges 1% Milk **Bean and Cheese Burrito** **Salsa/Sour Cream** **Fruit Varity** **Baby Carrots w/Ranch** **1% Milk** W.G. Breadstick Diced Pears
23 Parent Teacher Conference No School	24 Parent Teacher Conference No School	25 No School	26 Thanksgiving Day No School 	27 No School

NOVEMBER
HARVEST OF THE MONTH

NECTARINE

Sweet, juicy, and smooth-skinned!



Nutrition Facts

One medium nectarine (approximate):
About 62 calories • 2.4 g fiber •
15 g carbohydrates • 11 g natural sugar •
Vitamin C • Vitamin A • Potassium

Health Benefits

- **Fiber**
  supports healthy digestion
- **Vitamin C**
  helps your body heal and supports healthy skin
- **Vitamin A**
  supports vision
- **Potassium**
  helps muscles and nerves work properly.

Fun Facts

- Nectarines are closely related to peaches.
- Unlike peaches, nectarines have smooth skin—not fuzz!
- The hard pit in the middle makes them a stone fruit.
- You can eat the skin after washing—no peeling needed.

TRY THIS:

NECTARINE YOGURT PARFAIT



Ingredients:

- 1 nectarine, washed and diced
- ½ cup plain yogurt
- ¼ cup oats or low-sugar granola
- A few berries (optional)

Directions:
Layer yogurt, nectarine pieces, oats, and berries in a cup. Grab a spoon and enjoy!

An adult should cut the nectarine and remove the pit.

Healthy Choices Today • Stronger Tomorrows