

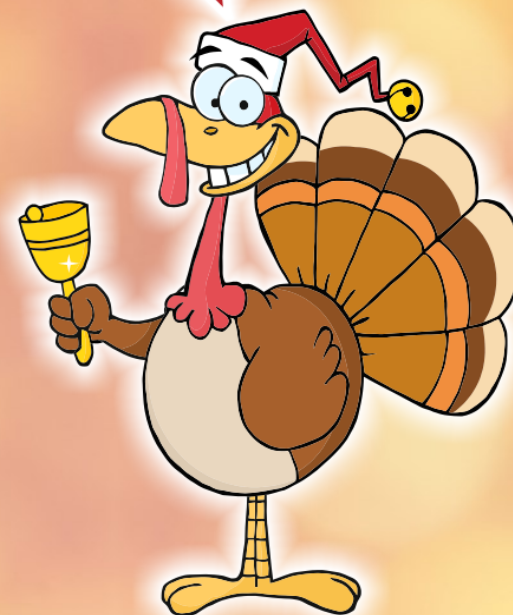
Menus for November 2025 K-8

Birmingham City School
District.

Menus are subject to change



Join us for our
Thanksgiving meal on
November 13th, 2025!!



Monday, Nov. 3

Breakfast

Muffin, Frudel, Cereal,
Yogurt Cup, Fresh Fruit,
Juice, Milk

Lunch

Cheesy Pull A-Parts
Teriyaki Chicken
Steamed Corn
French Fries
Steamed Rice
WG Roll
Fresh Fruit
Choice of Milk

Tuesday, Nov. 4

Breakfast

Breakfast Pizza, Cereal,
Yogurt Cup, Fresh Fruit,
Juice, Milk

Lunch

Pancakes/Mini Waffles
Chicken Bites
Sausage Patty
Potato Rounds
Sweet Potato Soufflé
Yogurt Cup
Fresh Fruit
Choice of Milk

Wednesday, Nov. 5

Breakfast

Pop-Tart, Muffin, Cereal,
Yogurt Cup, Fresh Fruit,
Juice, Milk

Lunch

Chicken Sandwich
Beef Rib Patty
Sandwich
Steamed Broccoli
Glazed Carrots
WG Roll
Fresh Fruit
Choice of Milk

Thursday, Nov. 6

Breakfast

Scrambled Eggs,
Pancakes, Yogurt Cup,
Cereal, Fresh Fruit,
Juice, Milk

Lunch

Baked Chicken
Country Fried Steak
Mashed Potatoes
Green Beans
WG Roll
Fresh Fruit
Choice of Milk

Friday, Nov. 7

Breakfast

Sausage Patty, Biscuit,
Cereal, Oatmeal, Yogurt
Cup, Fresh Fruit, Juice,
Milk

Lunch

Crispitos
Nachos (Pork or Diced
Chicken)
Oven Roasted Potatoes
Mexican Beans
WG Roll
Fresh Fruit
Choice of Milk

Monday, Nov. 10

Breakfast

Sausage Patty, Biscuit,
Cereal, Yogurt Cup,
Fresh Fruit, Juice, Milk

Lunch

Hot Wings
Pizza
Potato Wedges
Baked Beans
Carrot Bites
WG Roll
Fresh Fruit
Choice of Milk

Tuesday, Nov. 11



***Veteran's Day
No School
Today***

Wednesday, Nov. 12

Breakfast

Chicken Biscuit, Yogurt
Cup, Fresh Fruit, Cereal,
Juice, Milk

Lunch

Meatball Sub
Chicken Alfredo
Green Beans
Potato Rounds
WG Roll
Fresh Fruit
Choice of Milk

Thursday, Nov. 13

Breakfast

Mini Waffles, Sausage
Patty, Yogurt Cup,
Cereal, Fresh Fruit,
Juice, Milk

Lunch

Baked Chicken
Turkey
Cornbread Dressing
Sweet Potato Soufflé
Collard Greens
Macaroni & Cheese
Cranberry Sauce
WG Roll
Fresh Fruit
Choice of Milk

Friday, Nov. 14

Breakfast

Pop-Tart, Yogurt Cup,
Oatmeal, Cereal, Fresh
Fruit, Juice, Milk

Lunch

Hamburger
Fish Nuggets
Steamed Corn
Ranch Broccoli
WG Roll
Fresh Fruit
Choice of Milk

YOU'RE GOOD



**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

Birmingham City School District



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, Nov. 17	Tuesday, Nov. 18	Wednesday, Nov. 19	Thursday, Nov. 20	Friday, Nov. 21
Breakfast Breakfast Pizza, Cereal, Yogurt Cup, Fresh Fruit, Juice, Milk	Breakfast Pop-Tart, Cereal, Yogurt Cup, Fresh Fruit, Juice, Milk	Breakfast Sausage Patty, Biscuit, Cereal, Oatmeal, Yogurt Cup, Fresh Fruit, Juice, Milk	Breakfast Scrambled Eggs, Pancakes, Cereal, Yogurt Cup, Fresh Fruit, Juice, Milk	Breakfast Muffin, Frudel, Cereal, Yogurt Cup, Fresh Fruit, Juice, Milk
Lunch Pork Chop Sandwich, Pizza Pocket, French Fries, Glazed Carrots, Steamed Corn, Fresh Fruit, Choice of Milk	Lunch Pancakes/Mini Waffles, Chicken Bites, Sausage Patty, Potato Rounds, Sweet Potato Soufflé, Yogurt Cup, Fresh Fruit, Choice of Milk	Lunch Chicken Sandwich, Fish Sandwich, Potato Rounds, California Blend, Fresh Fruit, Choice of Milk	Lunch Baked Chicken, Salisbury Steak, Steamed Rice, Pinto Beans, Collard Greens, WG Cornbread, Fresh Fruit, Choice of Milk	Lunch Hot Dog, Hamburger, Baked Beans, Potato Wedges, WG Roll, Fresh Fruit, Choice of Milk

