





November 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Natl Sandwich Day 3</p> <p>AM: Yogurt & Bananas</p> <p>LUNCH: Sunbutter Sandwiches, Peas & Berries</p> <p>PM: Carrots & Triscuits</p>	<p>4</p> <p>AM: Oatmeal & Oranges</p> <p>LUNCH: <u>Chef Cameo's Secret Chili</u>, Rice, & Broccoli (beans, pineapple)</p> <p>PM: Cheese & Cukes</p>	<p>5</p> <p>AM: Eggs & Apples</p> <p>LUNCH: Chickpea Pasta, Green Beans & Cabbage</p> <p>PM: Bell Peppers & <u>Granola</u></p>	<p>6</p> <p>AM: <u>Turkey</u> & Tortillas</p> <p>LUNCH: Taco Lentils, Barley, Potatoes & Lettuce</p> <p>PM: Peaches & Rice Cakes</p>	<p>7</p> <p>Chef's Special!</p> <p>To help reduce food waste we use Fridays to serve food we have left from the week!</p>
<p>10</p> <p>AM: Cheese & Toast (cut the cheese and toast same shape-strips?)</p> <p>LUNCH: Chickpea Curry, Quinoa, & Cauliflower</p> <p>PM: Oranges & Cucumbers</p>	<p>11</p> <p>AM: Eggs & <u>Mango Salsa</u></p> <p>LUNCH: <u>Bean</u>-Corn Medley, Barley & Peas</p> <p>PM: Bell Peppers & Tortillas</p>	<p>12</p> <p>AM: <u>Pancakes</u> & Sunbutter</p> <p>LUNCH: Broccoli-Cheddar Soup, Rice & Cabbage (Sydney Request)</p> <p>PM: Baked Crackers & Bananas</p>	<p>13</p> <p>AM: Yogurt & Pineapple</p> <p>LUNCH: Chicken Alfredo , Green Beans & Cauliflower</p> <p>PM: Carrots & Rice Cakes</p>	<p>14</p> <p>Chef's Special!</p>
<p>17</p> <p>AM: Eggs & Peaches</p> <p>LUNCH: Enchilada Casserole, Lettuce & Cauliflower (beans mostly, little cheese for secrete)</p> <p>PM: Bell Peppers & Triscuits</p>	<p>18</p> <p>AM: Yogurt & <u>Granola</u></p> <p>LUNCH: Mac n Cheese, Peas, & Cabbage (Butternut Squash if available)</p> <p>PM: Pineapple & Carrots</p>	<p>19</p> <p>AM: <u>Turkey</u> & Bananas</p> <p>LUNCH: Veggie-Bean Soup, Quinoa & Potatoes</p> <p>PM: Cucumbers & Oranges</p>	<p>20</p> <p>AM: Oatmeal & <u>Baked Apples</u></p> <p>LUNCH: Sloppy Lentils, Corn & Green Beans</p> <p>PM: Cheese & Rice Cakes</p>	<p>21</p> <p>Chef's Special!</p>
<p>24</p> <p>AM: Cottage Cheese & Cucumbers</p> <p>LUNCH: Mushroom Alfredo, Broccoli, & Beans</p> <p>PM: Oranges & Rice Cakes</p>	<p>25</p> <p>AM: Eggs & Toast</p> <p>LUNCH: Chickpea-Sweet Pea Pot Pie, Drop Biscuits, Lettuce</p> <p>PM: Bananas & Triscuits</p>	<p>Food with Families 26</p> <p>AM: Chef's Special</p> <p>LUNCH: Jamaican Curry, Rice & Green Beans (chicken & Potatoes, Ms. Tania request)</p> <p>PM: <u>Cranberry Muffins</u> & Apple Cider</p>	<p>CLOSED 27</p>	<p>CLOSED 28</p> <p>Chef's Special!</p>
				<p>Key:</p> <p> = Made with most or all organic ingredients</p> <p> = Whole Grain</p> <p> = Homemade</p> <p> *Organic milk is offered at lunch to all ages over 1</p>

- Picky for a purpose -

Fresh, organic, non-GMO when possible & no artificial sweeteners, preservatives or colors