



Nutrition Menu

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3	4	Marshall's day! 5	6	7	8
Breakfast: Cereal, bananas Lunch: Mexican street tacos, corn, beans, mixed fruit	Breakfast: Eggs, biscuit, mixed fruit Lunch: Chili, cinnamon roll, salad, peppers, apples, oranges	Breakfast: Pancakes mixed berries Lunch: Rhys's smoked chicken tacos, cucumbers, salad, mixed fruit	Breakfast: Yogurt parfait, pineapple, oranges, granola Lunch: Chili cheese dogs, fries, peas, peaches	Breakfast: Muffin, string cheese, apple Lunch: Turkey sandwich or uncrustable, carrots, apples		
9	10	 Veteran's Day 11	12	13	14	15
Breakfast: Cereal, fruit Lunch: Nachos, black beans, corn, salad, mixed fruit	Breakfast: Blueberry waffles, bananas Lunch: Hot ham & cheese, fries, salad, cucumbers, peppers, apples, strawberries	Breakfast: French toast, berries Lunch: Chicken & waffles, hashbrowns, pears, apples	Breakfast: Yogurt parfait, berries Lunch: Spaghetti, garlic bread, broccoli, mixed fruit	Breakfast: Muffin, string cheese, fruit Lunch: Turkey sandwich, uncrustables, carrots, apples		
16	17	18	19	20	21	22
Breakfast: Cereal, mixed fruit Lunch: Fajitas, peppers, salad, corn fruit	Breakfast: Breakfast sandwich, bananas Lunch: Meatloaf, mashed potatoes, corn, peas, grapes	Breakfast: Pancake, berries Lunch: Chicken enchiladas, salad, beans, mixed fruit	Breakfast: Yogurt parfait, berries Lunch: McRib's, McChicken's, fries, salad, mixed fruit	Breakfast: Muffin, string cheese, apples Lunch: Uncrustables or turkey sandwich, apples, carrots		
23	24	25	26	27	28	29
Breakfast: Cereal, mixed fruit Lunch: Turkey, ham, potatoes, green beans, roll	Breakfast: Strawberry bagel, mixed fruit Lunch: Turkey or ham sandwich, salad, mixed fruit	No School! Thanksgiving Break 		No School! Thanksgiving Break 		
30	31	Menus are subject to change.				
Breakfast: Cereal, fruit Lunch: Fish sticks, fries, salad, mixed fruit	Breakfast and lunch served with chocolate or skim, low-fat or 1% white milk & 100% juice. Essex is an Equal Opportunity Employer.					