



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.

BREAKFAST

MONDAY



WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

03

TUESDAY



WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

04

WEDNESDAY



Sausage, Egg & Cheese Sandwich on a WG English Muffin
Fresh Fruit
Milk or Juice

05

THURSDAY



WG Cinnamon Buns
Scrambled or Hard-boiled egg
Fruit
Milk or Juice

06

FRIDAY



Cabot Yogurt with fresh Berries and Granola
WG Muffin
Fresh fruit
Milk

07

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

10

No School

11

Sausage, Egg & Cheese Sandwich on a WG English Muffin
Fresh Fruit
Milk or Juice

12

WG Cinnamon Buns
Scrambled or Hard-boiled egg
Fruit
Milk or Juice

13

Cabot Yogurt with fresh Berries and Granola
WG Muffin
Fresh fruit
Milk

14

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

17

WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

18

Sausage, Egg & Cheese Sandwich on a WG English Muffin
Fresh Fruit
Milk or Juice

19

WG Cinnamon Buns
Scrambled or Hard-boiled egg
Fruit
Milk or Juice

20

Cabot Yogurt with fresh Berries and Granola
WG Muffin
Fresh fruit
Milk

21

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

24

WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

25

No School

26

No School

27

No School

28



Other options available daily- Yogurt, cheese stick, bagel, fresh fruit, Cereal and Yogurt Parfait

NOVEMBER 2025



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.



LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Tacos or Nachos with choice of Beef. Cheese Sauce, Sour Cream, Salsa And Guacamole
Mexican Rice
Fresh Fruit
Milk

03

Corn Dogs
Potato Wedges
Fresh Fruit
Milk

04

Sweet and Sour Chicken over Rice
Broccoli
Veggie Eggrolls
Fresh Fruit
Milk

05

Meatball Sub on a WG Hoagie Roll
Corn Fresh Fruit
Milk

06

Cheese or Pepperoni Pizza on a WG crust
Garden Salad
Fresh Fruit
Milk

07

Cheese or Chicken quesadilla on a WG Tortilla
Fresh Guacamole, Salsa, Sour Cream and Mexican Rice
Fresh fruit
Milk

10

No school

11

Chicken Broccoli Alfredo w/ WG Pasta
WG Garlic Bread
Fresh Fruit
Milk

12

Ham and Cheese Bage Melts on a WG Bagel
Tater Tots
Fresh fruit
Milk

13

Cheese or Pepperoni Pizza on a WG crust
Garden Salad
Fresh Fruit
Milk

14

BBQ Sloppy Joe on a WG bun
Cole Slaw
Fresh Fruit
Milk

17

Chicken Burger on a WG Bun
Potato Wedges
Peas
Fresh fruit
Milk

18

WG Chop Suey
WG Garlic Bread
Broccoli
Fresh Fruit
Milk

19

Baked Ham with Cheesy Potatoes
Fresh Fruit
Milk

20

Cheese or Pepperoni Pizza on a WG Crust
Garden Salad
Fresh Fruit
Milk

21

BBQ Rib Sandwich on a WG Hoagie Roll
Cole Slaw
Fresh Fruit
Milk

24

Shepherd Pie
WG Biscuit
Fresh Fruit
Milk

25

No School

26

No School

27

No School

28



choice bar will be offered daily with seasonal veggies

*Other items offered daily, PB and Jelly Sandwich, Cheese Stick, yogurt, oatmeal Bar, Yogurt Parfaits

*Students may mix and match items from the menu and choice bar to create a Healthy reimbursable meal.

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