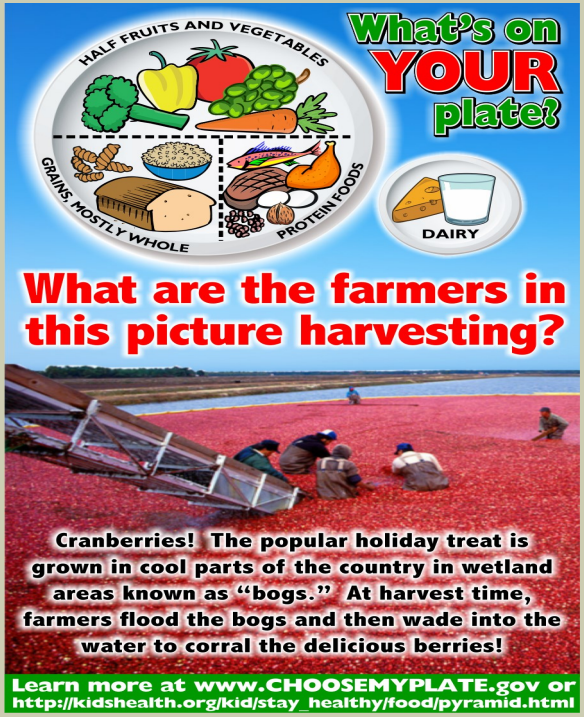
hello 2026 Menu For: GES PRE-K

NOVEMBER

This institution is an equal opportunity provider. Menus are subject to change.





Monday, November 2

Breakfast
Cereal, Graham
Fruit, 2% Milk

Lunch
Choice of One
Dominos Cheese Pizza
Dominos Pepperoni Pizza
Grab-N-Go #1
~~~~~
Corn
Carrots
Fruit

## Tuesday, November 3

**Breakfast**
Waffles
Juice, 2% Milk

**Lunch**
**Choice of One**
Pork Chop w/ Gravy
Grab-N-Go #5 or #6
~~~~~
Roll
Mashed Potatoes
Peas & Carrots
Fruit
Choice of Milk

Wednesday, November 4

Breakfast
Chicken Biscuit
Fruit, 2% Milk

Lunch
Choice of One
Chicken Fajitas
Grab-N-Go #7 or #8
~~~~~
Queso Cheese
Salsa
Scoops, Rice
Black Beans
Fruit
Choice of Milk

## Thursday, November 5

**Breakfast.**
Cereal, Graham
Juice, 2% Milk

**Lunch**
**Choice of One**
Chicken Nuggets
Grab-N-Go #2
~~~~~
Roll
Mashed Potatoes
Green Beans
Fruit
Choice of Milk

Friday, November 6

Breakfast
Cereal, Juice
2% Milk

Lunch
Choice of One
Hamburger
Cheeseburger
Grab-N-Go #10
~~~~~
French Fries
Dill Pickle Slices
Broccoli Cup
Trimmings
Fruit
Choice of Milk

## Monday, November 9

**Breakfast**
Cereal
Fruit, 2% Milk

**Lunch**
**Choice of One**
Fish Nuggets
Grilled Chicken Chunks
Grab-N-Go #7
~~~~~
Hush Puppies
Pinto Beans
Cole Slaw, Fruit
Mac N Cheese
Choice of Milk

Tuesday, November 10

Breakfast
Cherry Frudel
Juice, 2% Milk

Lunch
Choice of One
Dominos Cheese Pizza
Dominos Pepperoni Pizza
Grab-N-Go #10
~~~~~
Corn
Side Salad
Fruit
Choice of Milk

## Wednesday, November 11

**Breakfast**
Cereal
Fruit, 2% Milk

**Lunch**
**Choice of One**
Ham & Cheese Sandwich
Grab-N-Go #1
~~~~~
Carrots
Juice
Fruit

Early Dismissal

Thursday, November 12

Breakfast
Chicken Littles
Fruit, 2% Milk

Lunch
Choice of One
Chicken Tenders
Grab-N-Go #2
~~~~~
Roll
Mashed Potatoes
Green Beans
Fruit
Choice of Milk

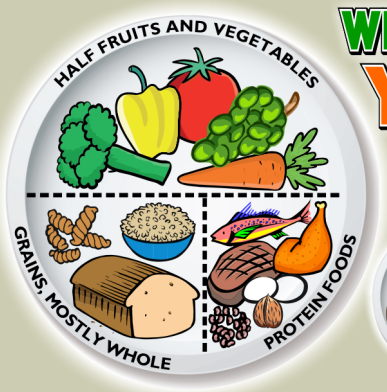
## Friday, November 13

**Breakfast**
Sausage Biscuit
Juice, 2% Milk

**Lunch**
**Choice of One**
Breaded or Spicy Chicken Sandwich
Grab-N-Go #3
~~~~~
Potato Smiles
Dill Pickle Slices
Broccoli Cup
Trimmings
Fruit
Choice of Milk

1. PB & J
2. Yogurt & Cheese Stick
3. Chicken Salad
4. Spicy Chicken Sandwich
5. Pepperoni Pizza
6. Corn Dog Nuggets
7. Pretzel
8. Salad
9. Nacho
10. Beef Stick & Cheese

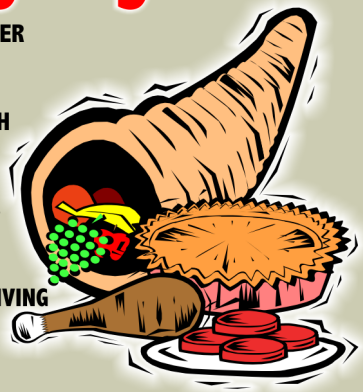




What's on YOUR plate?

Find the two dozen Thanksgiving words!

AMERICA	MAYFLOWER
COLONY	PIE
COOK	PILGRIMS
CORN	PLYMOUTH
ENGLAND	PUMPKIN
FALL	SAIL
FAMILY	SETTLERS
FEAST	SQUASH
FREEDOM	STUFFING
GRAVY	THANKSGIVING
HARVEST	TURKEY
MAIZE	YAMS



S	M	K	E	Y	D	E	Z	I	A	M	C	N	N
P	U	M	P	K	I	N	G	G	K	A	O	G	Z
M	C	M	R	G	L	G	M	C	O	L	O	N	Y
O	M	O	C	R	H	L	F	F	T	T	K	I	X
B	I	D	S	Q	U	A	S	H	S	E	D	V	P
A	S	E	C	O	R	N	M	A	E	A	D	I	I
J	E	E	I	P	A	D	E	E	V	G	W	G	L
E	N	R	T	I	L	F	M	Y	R	N	J	S	G
O	O	F	M	T	K	Y	E	S	A	I	L	K	R
O	C	D	R	G	L	K	M	E	H	F	C	N	I
L	I	I	P	I	R	E	W	O	L	F	Y	A	M
B	S	G	M	U	L	A	R	B	U	U	W	H	S
Z	F	A	T	P	O	D	V	S	I	T	U	T	A
J	F	A	L	L	S	M	A	Y	H	S	H	Z	B

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
Breakfast Cereal & Graham Fruit, 2% milk **Lunch** **Choice of One** Mini Corndogs Grab-N-Go #1 or #4 ~~~~~ Baked Beans Cole Slaw Fruit Choice of Milk	**Breakfast** Cinni Minis Juice, 2% Milk **Lunch** **Choice of One** Chili Grab-N-Go #1 or #6 ~~~~~ PB&J Crackers Baby Carrots Juice Fruit Choice of Milk	**Breakfast** Breakfast Pizza Fruit, 2% Milk **Lunch** **Choice of One** Dominos Cheese Pizza Dominos Pepperoni Pizza Grab-N-Go #8 ~~~~~ Broccoli Cup Curly Fries Fruit Choice of Milk	**Breakfast** Apple Frudel Fruit, 2% Milk **Lunch** **Choice of One** Turkey w/Gravy Grab-N-Go #2 ~~~~~ Roll Cornbread Dressing Green Beans Mashed Potatoes Sweet Potato Casserole Fruit Choice of Milk	**Breakfast** Chicken Biscuit Juice, 2% Milk **Lunch** **Choice of One** Hamburger Cheeseburger Grab-N-Go #3 ~~~~~ French Fries Dill Pickle Slices Carrots Trimmings Fruit Choice of Milk

Word of the Month

Responsibility

Being accountable in word and deed. Having a sense of duty to fulfill tasks with reliability, dependability and commitment.



NO SCHOOL 23RD-27TH
ENJOY YOUR HOLIDAY!

Monday, November 30
Breakfast Cereal & Graham Fruit, 2% Milk **Lunch** **Choice of One** Dominos Cheese Pizza Dominos Pepperoni Pizza Grab-N-Go #1 or #4 ~~~~~ Carrots Corn Fruit Choice of Milk

ALLERGEN WARNING

PLEASE BE ADVISED THAT FOOD PREPARED HERE MAY CONTAIN:

- ☑ Dairy
- ☑ Peanuts
- ☑ Wheat/Gluten
- ☑ Eggs
- ☑ Tree Nuts
- ☑ Soy
- ☑ Fish
- ☑ Shellfish
- ☑ Sesame

NUTRITION TOCO

Where's the fat hiding in a Thanksgiving meal? A cup of stuffing contains 18g of fat, 4g of saturated fat. That's a third of the recommended daily maximum for both, and some of us eat two or three cups! Surprisingly, a cup of gravy contains only 3-5 grams of fat. Stuffing is fine for special meals, but try not to overdo it, even at Thanksgiving!

A QUICK BITE FOR PARENTS