

# Menus for November 2025

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

## Breakfast Daily

Monday/Wednesday - **Grits and Eggs**

Tuesday/Thursday - **Biscuits and Gravy**

Friday - **Breakfast Sandwich**

**Fruit and Milk Choice Available Daily**

## Lunch Daily

**Salad Bar**

**Uncrustable**

**Fruit and Milk Choice**

### Featured Specials of the Day

#### **Monday, November 3**

Chick-Filet Sandwich or Fish Sandwich  
French Fries  
Let & Tom

#### **Tuesday, November 4**

Mexican Pizza  
Beans,  
Baby Carrots, Salsa

#### **Wednesday, November 5**

Pork Carnitas or Fried Shrimp  
Cheese Grits, Biscuit  
Mix Vegetables

#### **Thursday, November 6**

Turkey & Cheese on a bun  
Potato Chips, Let/Tom  
Dill Pickle Chips

#### **Friday, November 7**

Pizza  
Corn, Carrots w/ Ranch



Until about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use as a complement to "spring" in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with "autumn" while their distant cousins preferred "fall." And that's why, to this day, this is the only season we have two words for!

# Thank You



★ **VETERANS' DAY NOVEMBER 11** ★

### Featured Specials of the Day

#### **Monday, November 10**

BBQ Sandwich  
French Fries  
Cucumber Slices

#### **Tuesday, November 11**

South of the Border Nachos  
Beans, Shredded Let and Tom

#### **Wednesday, November 12**

Chicken Noodle Soup  
Baby Carrots, Roll  
Mix Vegetables

#### **Thursday, November 13**

Popcorn Chicken  
Tater Tots, Cherry Tomatoes  
Roll

#### **Friday, November 14**

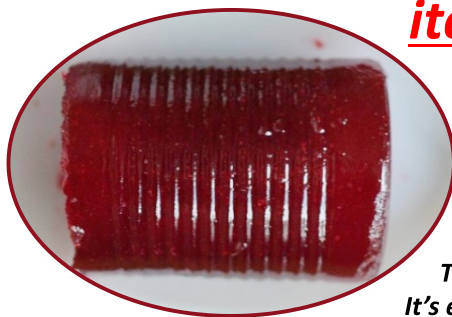
Hot Dog  
Beans  
French Fries





# eatfit

wanna stay fit?  
gotta eat right!



**item:** cranberry sauce  
**verdict:** gelatinous!

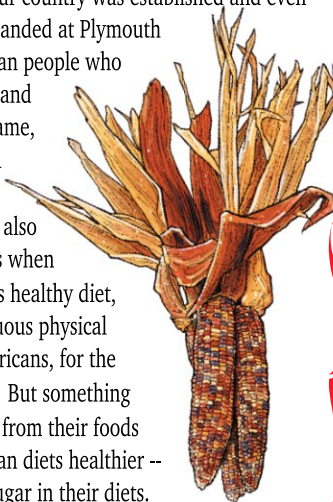
**tip:** Is a food that's served with the can marks still on it really cool or really gross? Cranberry sauce does have some nutrients and fiber, but a measly ¼ cup contains a whole day's worth of added sugar, usually in the form of high fructose corn syrup. This year, try this: Google "cranberry sauce recipe" and cook your own. It's extremely simple to make, and everyone will be so impressed!



Please See Other Page  
for Items Available Daily

## ★ OUR NATION'S HISTORY

In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.



★ WITH LIBERTY & JUSTICE FOR ALL ★

**45** BY THE NUMBERS  
THE NUMBER OF AMERICANS, IN MILLIONS, WHO WILL TRAVEL MORE THAN 50 MILES FOR THANKSGIVING.

## Featured Specials of the Day

### Monday, November 17

Cheeseburger  
French Fries  
Beans, Let & Tom

### Tuesday, November 18

Chicken Empanada  
Pinto Beans  
Shredded Let and Tom

### Wednesday, November 19

Vegetable Soup  
Baby Carrots, Celery Sticks  
Bosco Sticks

### Thursday, November 20

Turkey Roast  
Green Beans, Yams, Brown Rice,  
Cornbread Dressing

### Friday, November 21

Turkey and Cheese Croissant,  
Let/Tom, Potato Chips

# Thanks giving

ENJOY YOUR

HOLIDAY!

SEE YOU

MONDAY!