



Menus for November 2025

FSD5 Johnsonville Elementary and PDCAP Headstart

USDA is an equal opportunity provider and employer. Menus are subject to change.

Monday, November 3

Breakfast

Mini Waffles
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Chicken Sandwich
French Fries, Lettuce and
Tomato
Fruit & Milk Choice

Tuesday, November 4

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wed., November 5

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Spaghetti w Meat Sauce
Green Beans
Carrots w/ Ranch
Breadsticks
Fruit & Milk Choice

Thursday, November 6

Breakfast

Biscuits and Gravy or Cereal
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Popcorn Chicken
Green Beans
Roll
Fruit & Milk Choice

Friday, November 7

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Hot Dog, Chili,
French Fries, Beans
Fruit & Milk Choice

Monday, November 10

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Cheeseburger
Sweet Potato Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, November 11

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Beef Tacos
Pinto Beans
Let/Tom
Fruit & Milk Choice

Wed., November 12

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Shepherd's Pie
Mixed Vegetables
Mashed Potatoes
Roll
Fruit & Milk Choice

Thursday, November 13

Breakfast

Eggs & Grits or Cereal
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Garlic Parm Wings
Mac n Cheese, Carrots w/
Ranch, Roll
Fruit & Milk Choice

Friday, November 14

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

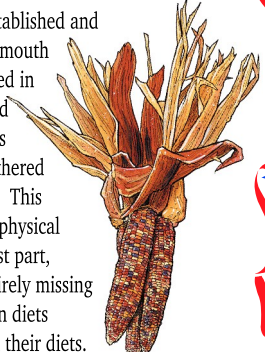
Lunch

Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

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

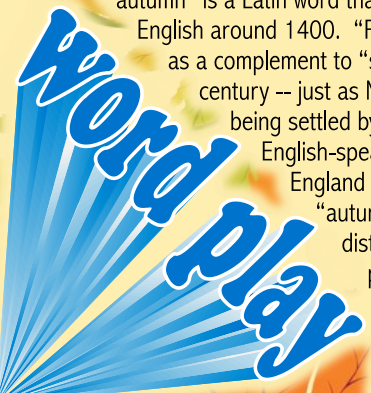
Thank You



★ VETERANS' DAY NOVEMBER 11 ★



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!

Monday, November 17 Breakfast Mini Waffles Fruit, Juice, & Milk Choice Lunch Chef Salad w/ Ham Or Sloppy Joes on Bun Fries, Celery Sticks Fruit & Milk Choice	Tuesday, November 18 Breakfast Sausage Biscuit Fruit, Juice, & Milk Choice Lunch Southwest Salad w/ Chicken Or Mexican Pizza Pinto Beans Salad w/ Ranch Fruit & Milk Choice	Wed., November 19 Breakfast Pancake Pup Fruit, Juice, & Milk Choice Lunch Chicken Nuggets French Fries, Carrots w/ Ranch, Roll Fruit & Milk Choice	Thursday, November 20 Breakfast Biscuits and Gravy or Cereal Fruit, Juice, & Milk Choice Lunch Turkey Roast Green Beans, Yams, Cranberry Sauce, Brown Rice, Cornbread Dressing Fruit & Milk Choice	Friday, November 21 Breakfast Cereal Bar or Cereal Fruit, Juice, & Milk Choice Lunch Ham and Cheese on Bun Chips Carrot w/ Ranch Fruit & Milk Choice
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Thanksgiving

ENJOY YOUR HOLIDAY! SEE YOU MONDAY!

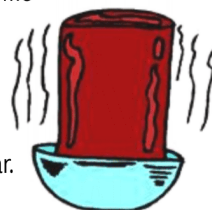
Default fruit.



What's on
YOUR
plate?



There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has “berry” right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly ¼ cup contains 6 teaspoons of sugar. That's an entire day's worth!



TIP: Search for “Cranberry Sauce Recipe” and make your own this year. It's quick and simple and much healthier!

Yellow Watermelon?!

