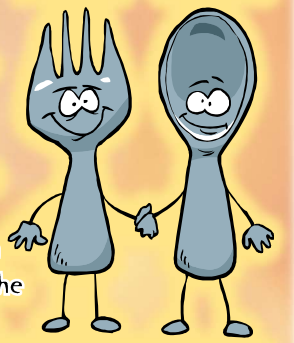
Kiptopeke and Occohannock Elementary

Menus for NOVEMBER 2026

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

THE FAMILY THAT EATS TOGETHER.

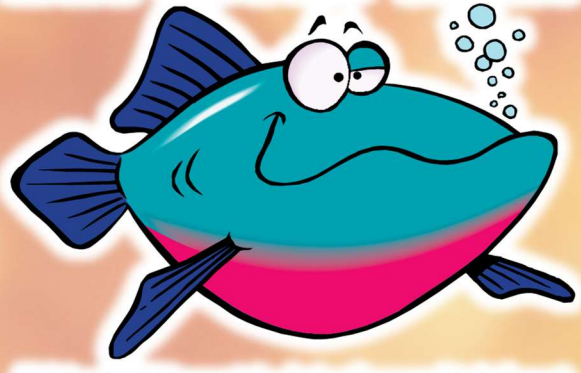


Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

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

Monday, November 2

No School:

Teacher Workday

Tuesday, November 3



Wednesday, November 4

Breakfast
French Toast w/Syrup or
Cereal Bar
Juice, Fruit, Milk
Lunch
Beef-a-Roni w/ Garlic Bread
Cheeseburger on a Bun
Chef Salad w/ Roll
Spinach Salad w/ Tomatoes
Seasoned Peas
Fresh Fruit
Assorted Canned Fruit
Milk

Thursday, November 5

Breakfast
Mini Cinnis or
Graham Crackers & Yogurt
Juice, Fruit, Milk
Lunch
Chicken Fajita
Rib a Que on a Bun
Chef Salad w/ Roll
Seasoned Carrots
Roasted Broccoli
Fresh Fruit
Assorted Canned Fruit
Milk

Friday, November 6

Breakfast
Sausage Muffin or
Pop Tarts
Juice, Fruit, Milk
Lunch
Cheese Stuffed Breadsticks
w/ Marinara Sauce
Baked Chicken & Biscuit
Chef Salad w/Roll
Mashed Potatoes
Spinach salad w/ Tomato
Fresh Fruit
Assorted Canned Fruit
Milk

Monday, November 9

Breakfast
Cheese Pull-Aparts or
Cereal & String Cheese
Juice, Fruit, Milk
Lunch
Homemade Chili w/ 2 oz bag of
Tortilla Chips
Chicken Salad cold plate w/ Roll
Chef Salad w/ Roll
Baked Sweet Potato Seasoned
Corn
Fresh Fruit
Assorted Canned Fruit
Milk

Tuesday, November 10

Breakfast
Sausage & Biscuit
or Cereal & Yogurt
Juice, Fruit, Milk
Lunch
Baked Chicken & Rice w/
Biscuit
Cheeseburger on Bun
Chef Salad w/ Roll
Roasted Broccoli
Carrots w/ Dip
Fresh Fruit
Assorted Canned Fruit
Milk

Wednesday, November 11

Breakfast
Pigglestix w/Syrup or
Cereal Bar
Juice, Fruit, Milk
Lunch
Baked Macaroni & Cheese w/
Roll
Turkey & Cheese Croissant
Chef Salad w/ Roll
Spinach Salad w/ Tomato
Seasoned Green Beans
Fresh Fruit
Assorted Canned Fruit
Milk

Thursday, November 12

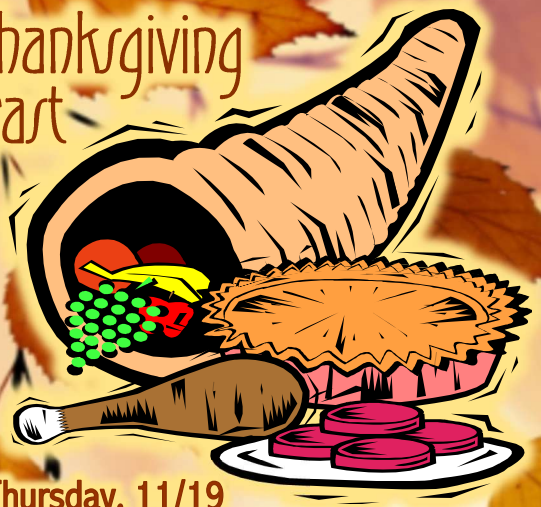
Breakfast
Assorted Muffins or
Graham Crackers & Smoothie
Juice, Fruit, Milk
Lunch
Salisbury Steak & Gravy w/
Roll
Chicken Salad sandwich
Chef Salad w/ Roll
Mashed potatoes
Baked Beans
Fresh Fruit
Assorted Canned Fruit
Milk

Friday, November 13

Breakfast
Egg, Ham, & Cheese Croissant
or Pop Tarts
Juice, Fruit, Milk
Lunch
Chicken Parmesan w/ Pasta
Ham & Cheese Sub
Chef Salad w/ Roll
Garden Salad w/ Tomatoes
Peas
Fresh Fruit
Assorted Canned Fruit
Milk



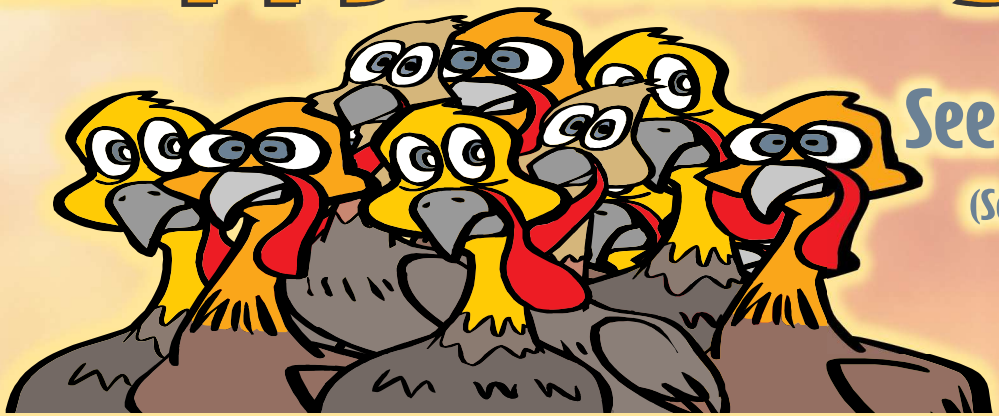
Thanksgiving Feast



Thursday, 11/19

Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
Breakfast Pancakes w/ syrup or Cereal & String Cheese Juice, Fruit, Milk **Lunch** Bacon Cheeseburger on a bun Hot Dog on a Bun Chef Salad Plate w/Roll French Fries Green Beans Fresh Fruit Assorted Canned Fruit Milk	**Breakfast** Bacon Egg & Cheese Biscuit or Graham Crackers & Smoothie Juice, Fruit, Milk **Lunch** Soft Shell Taco w/Mexican Rice Ham & Cheese Wrap Chef Salad w/Roll Seasoned Corn Refried Beans Fresh Fruit Assorted Canned Fruit Milk	**Breakfast** Waffles W/Syrup or Cereal Bar Juice, Fruit, Milk **Lunch** Pizza Chicken Patty on a Bun Chef Salad w/Roll Tossed Salad w/ Tomatoes Carrots Fresh Fruit Assorted Canned Fruit Milk	**Breakfast** Assorted Muffins or Cereal & Yogurt Juice, Fruit, Milk **Thanksgiving Feast** Turkey with Gravy Stuffing Mashed Potatoes Peas Baked Apples Milk	**Breakfast** Chicken Patty on Biscuit or Pop Tarts Juice, Fruit, Milk **Lunch** Boneless BBQ Chicken Wings w/ WG Roll Fish Sticks w/ Roll Chef Salad w/Roll Baked Sweet Potato Fresh Broccoli Fresh Fruit Assorted Canned Fruit Milk

Happy Thanksgiving!



See you Monday!

(Some of you, anyway!)

KIPTOPEKE & OCCOHANNOCK ELEMENTARY CAFETERIA NEWS

BREAKFAST

- Breakfast will be **GRAB & GO.** Students will pick up their breakfast and eat in their classrooms.
- To receive a complete breakfast, students may select 3 or 4 items.

MILK CHOICES

- Fat-Free Chocolate
- Fat-Free Strawberry
- Low-Fat White

Milk is offered daily with breakfast and lunch.

LUNCH (GRADES K-6)

Students may choose:

- 1 entrée
- 1 fruit
- Up to 2 vegetables
- 1 milk

Students may select 3, 4, or 5 items for a complete lunch.

ADULT MEAL PRICES

Breakfast: $3.00

Lunch: $5.25

ADDITIONAL ITEMS & SNACKS

- If your child would like to purchase extra items or snacks, funds must be available in their meal account.
- Add money online:

www.mypaymentsplus.com

- You will need your child's student ID number to access the account.
- Cash and checks are also accepted at each school.
- If you need assistance, please contact your school's cafeteria manager.



Have a wonderful school year!

Monday, November 30
Breakfast Bagel with Cream Cheese or Cereal & String Cheese Juice, Fruit, Milk **Lunch** Pizza Ham & Cheese Sandwich Chef Salad Plate W/Roll Roasted Cauliflower Carrot Sticks Fresh Fruit Assorted Canned Fruit Milk

NUTRITION TOCO

Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for more!

A QUICK BITE FOR PARENTS

Many Moons

Native Americans had special names for every full moon of the year. One name for the November full moon is the "Much White Frost on Grass" moon, because November is when the cold weather sets in.