



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.

MOSSYROCK SCHOOL DISTRICT

**Breakfast
& Lunch**

MONDAY

Raspberry Churros & Yogurt

Chicken Strips & Tots

02

Egg, Sausage & Cheese
Flautas

Teriyaki Chicken Burger &
Fries

09

French Toast Sticks

Pot Stickers & Fried Rice

16

Bagel & Cream Cheese

Yummy Orange Chicken &
Rice

23

Pumpkin Bread & Yogurt

Chicken Burger w/Fixings &
Chips

30

TUESDAY

National Sandwich Day
Ramblin Jack Sandwich w/Ham,
Cheese, & egg
Sub Sandwich and Sun Chips

03

Blueberry Muffin

Crunchy Tacos!

10

Cereal & Graham Cracker

Yummy Nachos w/All of the
Good Stuff!

17

Cereal & Graham Cracker

Thanksgiving Dinner – Turkey
Gravy, Mashed Potatoes,
Stuffing, GB Cass, Roll & Butter,
Pumpkin Treat

24

WEDNESDAY

Cereal & Graham Cracker

Breakfast for Lunch – French
Toast, HB Patty, Sausage,
Strawberries

04

Veterans Day
NO SCHOOL

11

Scrambles Eggs & Biscuit

BBQ Pulled Pork Sandwich &
Chips

18

National Parfait Day –
Homemade Parfaits

Early Release

Popcorn Chicken & Tots

25

THURSDAY

Breakfast Bar & Biscuit

BBQ Rib Sandwich, Pickles &
Fries

05

Pancakes & Sausage Links

French Bread Pizza

12

Biscuits & Gravy (B&G)

Chicken Drums & Jo's

19

Thanksgiving Break
No School

26

FRIDAY

Warm Bagel & Cream Cheese

Pizza Fri-YAY!

06

NO SCHOOL
PROFESSIONAL
DEVELOPMENT DAY

13

Breakfast Pizza

Creamy Mac-N-Cheese & Roll

20

Thanksgiving Break
No School

27



All lunches are served with fruit, veggies and choice of milk. Mossyrock School District is an equal opportunity provider. ****ALL STUDENTS ARE ELIGIBLE FOR FREE BREAKFAST AND LUNCH THROUGH JUNE 2026****

NOVEMBER 2026

Type your school information here.