

L.K. Moss Elementary School

NOVEMBER 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
2 **Breakfast for Lunch** Chicken & Waffles Steamed Broccoli Potato Tots Fruit	3 Hot Dog with Coleslaw Baked Beans Potato Fries Fruit	4 Chicken Quesadillas with Salsa Corn on the Cob Seasoned Black Beans Fruit	5 Taco Soup Grilled Cheese Sandwich Baby Carrots with Ranch Fruit	6 Calzone w/Marinara Sauce California Blend Vegetables Vegetable Dippers with Ranch Fruit	(M)Cereal, Nutri-Grain Bar, Fruit (T)Pop-Tart, Cheese Stick, Fruit (W)Breakfast Pizza, Cereal Bar, Fruit (Th)Muffin, Yogurt, Fruit (F) Waffle, Donut, Fruit Milk Every Day
9 Taco w/Chips Lettuce/Tomato/Cheese Black Bean/Corn Salsa Fruit	10 Hamburger Steak with Gravy Mashed Potatoes Seasoned Green Beans Roll Fruit	11 Turkey/Cheese Hoagie with Lettuce/Tomato Carrot Sticks with Ranch Sun Chips Fruit	12 Chicken Nuggets Steamed Broccoli Tater Tots Fruit	13 Pizza w/Marinara Sauce Sweet Potato Fries Seasoned Corn Fruit	(M)Mini Cinnis, Cereal Bar, Fruit (T)Pop-Tart, Cheese Stick, Fruit (W)Cereal, Donut, Fruit (Th)Muffin, Chex Mix, Fruit (F)Sausage Croissant, Cereal, Fruit, Milk Every Day
16 Ham/Cheese Hoagie with Lettuce/Tomato Steamed Carrots Sun Chips Fruit	17 PB&J Uncrustables Baby Carrots with Ranch Sun Chips Fruit	18 **HOLIDAY MEAL** Chicken Dressing w/Turkey Cranberry Sauce/Gravy Seasoned Green Beans Sweet Potatoes Roll Fruit	19 Cheeseburger Potato Wedges Steamed Broccoli Fruit	20 Corn Dog Baked Beans Oven-Baked Chips Fruit	(M)Cereal, Nutri-Grain Bar, Fruit (T)Pop-Tart, Cheese Stick, Fruit (W)Breakfast Pizza, Cereal Bar, Fruit (Th)Muffin, Yogurt, Fruit (F) Waffle, Donut, Fruit Milk Every Day
23 	24 	25 	26 	27 	(M)HOLIDAY (T) HOLIDAY (W) HOLIDAY (Th) HOLIDAY (F) HOLIDAY
30 BBQ Nachos Steamed Broccoli Sweet Potato Fries Fruit					(M)Cereal, Nutri-Grain Bar, Fruit

"DUE TO CIRCUMSTANCES BEYOND OUR CONTROL, MENUS ARE SUBJECT TO CHANGE"

Helpful Information

Each breakfast meal contains 3 components:
Grain, Fruit, Milk
Each lunch meal contains 5 components:
Grain, Meat/Meat Alternate, Fruit, Vegetable, Milk

Gaining weight during the holiday season is a national pastime. Create a calorie deficit by exercising to burn off extra calories before you indulge in your favorite foods. Whether you are hosting dinner or bringing a few dishes to share, make your recipes healthier with less fat, sugar, and calories.