




Nutrition Menu

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Menus are subject to change. Breakfast and lunch served with Chocolate or Skim, Low-fat, or 1% White Milk Essex is an Equal Opportunity Employer			1	2
3	4	Election Day! 5	Cash's Day 6	7	8	9
Breakfast: Pancakes, peaches Lunch: Tacos, corn and beans, apples	Breakfast: French toast sticks, strawberries Lunch: Egg & cheese breakfast bowl, hash browns, mixed fruit	Breakfast: Cereal, bananas Lunch: Steak, corn, kiwis	Breakfast: Yogurt parfait, berries Lunch: Chicken pot pie bake, peas & corn, mixed fruit	Breakfast: Muffins, mixed fruit Lunch: Spaghetti burger, mixed fruit, mixed vegetables	Breakfast: Muffins, applesauce Lunch: Sloppy joe, fries, mixed fruit	
10	Thank you Veterans! 11	12	Caleb's Day 13	14	15	16
Breakfast: Pancakes, pears Lunch: Potato bar, black beans, mixed fruit	Breakfast: Strawberry bagels, apples Lunch: Chipotle burrito bowl, corn, peas, bananas, oranges	Breakfast: Breakfast bar, bananas Lunch: Steak & eggs, potatoes, mixed fruit	Breakfast: Omelet sandwich, oranges Lunch: Enchiladas, refried beans, mixed fruit	Breakfast: Muffins, pears Lunch: Potato soup, salad, apples, peaches		
17	Tritan's Day 18	19	20	21	22	23
Breakfast: Breakfast bar, mixed fruit Lunch: Breakfast burrito, potatoes, mixed fruit	Breakfast: Strawberry bagels, apples Lunch: Asian style pork bowl, peas, pears	Breakfast: French toast sticks, bananas Lunch: Pancakes sandwich, hash browns, salad, mixed fruit	Breakfast: Yogurt parfait, berries Lunch: Smash burger, fries, salad, apples, oranges, bananas	Breakfast: Muffins, string cheese, apples Lunch: Pretzel dog, carrots, mixed fruit		
24	Thanksgiving Feast! 25	26	No School! 27	Happy Thanksgiving! 28	No School! 29	30
Breakfast: Cereal, apples Lunch: Turkey, mashed potatoes, green beans, roll, cinnamon apples	Breakfast: Muffins, apples, bananas Lunch: Turkey sandwich, mixed fruit, mixed vegetables	