NOVEMBER 2026

College Prep Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Yogurt w/Graham Crackers Apple Slices Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	**3** Cereal Grapes Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**4** Cinnamon Swirl Orange Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	**5** Muffin Grapes Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**6** Bagel w/Cream Cheese Wild Cherry Juice 1% LowFat White Milk / Skim White Milk
9 Muffin Apple Slices Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	**10** Protein Box (Yogurt / Cheese/Blueberry Crackers & Fruit) Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**11** Veteran's Day! 	**12** Bagel w/Cream Cheese Grapes Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**13** Cereal Mixed Fruit Wild Cherry Juice 1% LowFat White Milk / Skim White Milk
16 Bagel W/Cream Cheese Apple Slices Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	**17** Muffin Grapes Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**18** Cereal Orange Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	**19** Protein Box (Yogurt / Cheese/Blueberry Crackers & Fruit) Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**20** Cinnamon Swirl Mixed Fruit Wild Cherry Juice 1% LowFat White Milk / Skim White Milk
23 *Thanksgiving Break*	**24** *Thanksgiving Break*	**25** *Thanksgiving Break*	**26** 	**27** *Thanksgiving Break*
30 Yogurt w/Graham Crackers Apple Slices Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	Menus are subject to change without notice.	Offer VS Serve		

Warning: Our school food facilities offer products with peanuts, tree nuts, soy, milk, eggs and wheat. For students with food allergies, we offer a variety of foods which are intended to be free of these ingredients. While we take steps to minimize the risk of cross contamination, we can not guarantee that any of our products are safe to consumers with peanut, tree nut, soy, milk, egg or wheat allergies. Consumers with severe allergies should consume food items with caution.

To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable. Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The middle school lunch provides 600-700 calories based on a weekly average. The high school lunch provides 750-850 calories based on a weekly average. The breakfast provides 450-550 calories based on a weekly average.

"This institution is an equal opportunity provider."

NOVEMBER

College Prep Middle School Lunch Menu 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 BonelessChicken wings w/Tots Chicken Caesar Salad Apple Sauce Cup Carroteenies / Corn Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	**3** Halal Chicken Skewers on Rice Italian Sub Sandwich Grapes Lettuce & Tomato / Jicama Sticks w/Tajin Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**4** Hot Dog w/Tots Buffalo Chicken Salad Apple Slices Beans / Lettuce & Tomato Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	**5** Teriyaki Chicken w/Rice Hot Pocket Fiestada Orange Carroteenies / Salad w/Dressing Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**6** Chicken Sandwich (Reg / Spicy) TacoNada Peaches / Sliced Cucumber / Carroteenies Wild Cherry Juice 1% LowFat White Milk / Skim White Milk *Min Day*
9 Mini Corn Dogs w/ Mac & Cheese Turkey Sub Sandwich Apple Sauce Cup Carroteenies / Corn Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	**10** (Chicken or Cheese) Tamale & Rice Buffalo Chicken Salad Grapes Lettuce & Tomato / Beans Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**11** **Veteran's Day!** 	**12** Nachos w/Cheese & Beef Taco Meat TacoNada Orange Salsa Cup / Salad w/Dressing Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**13** MozzBreadStick w/Buffalo Nuggets Bean & Cheese Burrito Peaches Sliced Cucumber / Marinara Sauce Wild Cherry Juice 1% LowFat White Milk / Skim White Milk
16 MeatlessRotiniPasta & CheesyBreadStick Chicken Caesar Salad Apple Sauce Cup Carroteenies / Corn Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	**17** Chicken Sandwich (Reg / Spicy) Italian Sub Sandwich Grapes Lettuce & Tomato / Jicama Sticks w/Tajin Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**18** Walking Taco w/Beef Taco Meat Buffalo Chicken Salad Apple Slices Beans / Shredded Lettuce / Salsa Cup Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	**19** Halal Chicken Skewers on Rice Pizza Pocket Fiestada Orange Carroteenies / Salad w/Dressing Apple Juice 1% LowFat White Milk / FF Chocolate Milk	**20** Chicken Famous Bowl TacoNada Peaches / Sliced Cucumber / Corn Wild Cherry Juice 1% LowFat White Milk / Skim White Milk *Min Day*
23 *Thanksgiving Break*	**24** *Thanksgiving Break*	**25** *Thanksgiving Break*	**26** 	**27** *Thanksgiving Break*
30 BonelessChicken wings w/Tots Chicken Caesar Salad Apple Sauce Cup Carroteenies / Corn Wild Cherry Juice 1% LowFat White Milk / Skim White Milk	**Menus are subject to change without notice.**	**Offer VS Serve**		

Warning: Our school food facilities offer products with peanuts, tree nuts, soy, milk, eggs and wheat. For students with food allergies, we offer a variety of foods which are intended to be free of these ingredients. While we take steps to minimize the risk of cross contamination, we can not guarantee that any of our products are safe to consumers with peanut, tree nut, soy, milk, egg or wheat allergies. Consumers with severe allergies should consume food items with caution.

To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable. Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The middle school lunch provides 600-700 calories based on a weekly average. The high school lunch provides 750-850 calories based on a weekly average. The breakfast provides 450-550 calories based on a weekly average.

"This institution is an equal opportunity provider."