



November 2025 – Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 3 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Roll Fresh fruit | 4 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit | 5 Chicken parmesan (V) Elbows, tomato sauce w/ soy*^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit | 6 Beef BBQ (V) BBQ with soy #^ Bean medley Roll Fresh fruit | 7 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit |
| 10 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 11 Teriyaki-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter* Fresh fruit | 12 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit | 13 (V) Whole grain pizza* Garden salad Fresh fruit | 14 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit |
| 17 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit | 18 (V) Whole grain cheese melt * Tomato soup Fresh fruit | 19 Chicken thigh w/gravy (V) Picadillo^ Peas Whole wheat bread/butter * Fresh fruit | 20 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 21 THANKSGIVING LUNCH Sliced turkey & gravy (V) Veggie nuggets Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit |
| 24 Dirty brown rice with beef* (V) Dirty brown rice^ Spinach salad Fresh fruit | 25 Whole wheat spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | 26 (V) Lasagna Tossed salad Fresh fruit | 27 CLOSED FOR THANKSGIVING | 28 CLOSED FOR THANKSGIVING |
| <i>Age-appropriate milk must be served with lunch</i> | <i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i> | | | |

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan

*For Infant through Toddler (SH) and Preschool (McL) classrooms, children will receive cooked vegetables instead of salad and coleslaw. GFC offers a rotation of green beans, carrots, peas, broccoli and yellow squash.