



Breakfast Menus for November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
November 3 Blueberry Pancake Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	November 4 Sausage Biscuit Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	November 5 Apple Frudel Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	November 6 Blueberry Parfait Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	November 7 Whole Grain Honey Bun Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk
November 10 Homestyle Waffle Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	HAPPY VETERANS DAY	November 12 Chicken Biscuit Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	November 13 French Toast Sticks Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	November 14 WG Blueberry Doughnut Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk
November 17 Cherry Frudel Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	November 18 Assorted Muffins Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	November 19 Bacon, Egg & Cheese Biscuit Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	November 20 Egg & Cheese Omelet Sausage Patty Assorted Cereal Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	November 21 French Toast Sticks Assorted Cereal Assorted Cereal Fresh Fruit Lowfat or Fat Free Milk
November 24	November 25	November 26	HAPPY THANKSGIVING	November 28

Nutrition Byte

Celebrate #NCFarmers from the Mountains to the Sea!

In 2023, the North Carolina General Assembly established the second Thursday in November as N.C. Farmer Appreciation Day as an opportunity to thank all our farmers and farm families. The inaugural event is November 6, 2025.

North Carolina is rich in agriculture from the mountains to the sea. The farmers that produce food, fiber, and fuel in our state do so with heart and pride. Learn more and find resources to celebrate our farmers and all they produce at <https://www.ncfarmerappreciation.com>. Recognize and thank #NCFarmers on social media using #NCFarmersAppreciationDay and #MountaintoSea. Tag @NCFarmersAppreciationDay.

Did you know?

- Agriculture is North Carolina's #1 industry with an economic impact of over \$100 billion dollars annually.
- There are 74,062 farmers and 46,000 farms in the state. 1,827 are centennial farms and 27 are bicentennial.
- N.C. ranks 3rd for agriculture diversity and is a top producer of sweetpotatoes, cucumbers, eggs, poultry, pork, and more.
- Most North Carolina schools participate in farm to school activities and serve locally grown foods in school meals.

Nutrilink: Learn more at <https://www.ncfb.org/ag-in-the-classroom>, <https://gottobenc.com>, and <https://ncfarmtoschool.com>.



Lunch Menus for November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
November 3 Bosco Sticks Yogurt Power Pack or Turkey Sandwich Roasted Sweet Potatoes Green Beans Fruit Cocktail Lowfat or Fat Free Milk	November 4 Chicken Tacos Yogurt Power Pack or Turkey Sandwich Seasoned Black Beans Roasted Corn Spanish Rice Fresh Orange Lowfat or Fat Free Milk	November 5 Teriyaki Wings or Oven Roasted Wings Steamed Broccoli Celery/Carrots Vegetable Fried Rice Vegetable Egg Roll Dice Pineapples Lowfat or Fat Free Milk	November 6 French Toast Sticks Chicken Sausage Links Yogurt Power Pack or Turkey Sandwich Potato Tots Carrot Dippers Fresh Banana Lowfat or Fat Free Milk	November 7 Pizza Choice Peas and Carrots Grape Tomatoes Fruit Slushie Lowfat or Fat Free Milk
November 10 Chicken Alfredo Bake Yogurt Power Pack or Turkey Sandwich Steamed Broccoli Side Salad Garlic Sticks Fruit Cup Lowfat or Fat Free Milk	HAPPY VETERANS DAY	November 12 Lemon Pepper Wings or Oven Roasted Wings Rice Pilaf Cheesy Broccoli Celery/Carrot Sticks Fresh Banana Lowfat or Fat Free Milk	November 13 Burger Bar Yogurt Power Pack or Turkey Sandwich Curry Fries Lettuce and Tomato Pickle Chips Strawberry Cups Lowfat or Fat Free Milk	November 14 Pizza Choice Sweet Corn Fruit Slushie Grape Tomatoes Lowfat or Fat Free Milk
November 17 Pulled BBQ Chicken Sandwich Yogurt Power Pack or Turkey Sandwich Waffle Fries Cole Slaw Pickle Chips Apple Slices Fruit Lowfat or Fat Free Milk	November 18 Loaded Nachos Yogurt Power Pack or Turkey Sandwich Mexican Style Corn Refried Beans w Cheese Fresh Banana Sour Cream Salsa Lowfat or Fat Free Milk	November 19 Mild Honey Buffalo Wings or Oven Roasted Wings Yogurt Power Pack or Turkey Sandwich Loaded Mash Potatoes Celery/Carrot Sticks Garlic Bread Fresh Orange Lowfat or Fat Free Milk	November 20 Roasted Turkey Yogurt Power Pack or Turkey sandwich Brown Rice & Gravy Mac and Cheese Collard Greens Yams Cranberry Sauce Fresh Hot Cornbread Lowfat or Fat Free Milk	November 21 Pizza Choice Yogurt Power Pack or Turkey Sandwich Green Beans Carrot Dippers Fruit Slushie Lowfat or Fat Free Milk
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This institution is an equal opportunity provider.
<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>

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