

**Garvey School District - K-8th Grade**

# Menus for NOVEMBER 2024

*This institution is an equal opportunity provider and employer.  
Menus are Subject to Change.*

**Friday, November 1**

**Breakfast**  
WG Pancake & Sausage Patty  
Milk and Fruit

**Lunch**  
WG Chicken Taquitos or  
Manager's Choice  
Mixed Vegetables  
Milk and Fruit

**Snack**  
WG Belly Bear Grahams  
Low-Fat Milk

**DON'T FORGET TO SET YOUR CLOCKS BACK 1 HOUR**



**SUNDAY, NOV. 3**

**\*\*\* REMINDER TO ALL PARENTS & STUDENTS \*\*\***

**A COMPLETE Breakfast or Lunch Meal must be selected by the student to be considered FREE \$0.00!**

Take at least **3**  
One must be a fruit

**BREAKFAST**

A COMPLETE BREAKFAST INCLUDES:

Take **3-5**  
One must be a fruit or veggie

**LUNCH**

A COMPLETE LUNCH INCLUDES:

Student A La Carte

Menu Item Prices for SY 24-25

**Main Entrée (Breakfast) = \$2.00**

**Main Entrée (Lunch) = \$3.50**

**Fruit/Vegetable/Juice = \$.75**

**Milk = \$.50**

**Monday, November 4**

**Breakfast**  
WG Waffle  
Milk and Fruit

**Lunch**  
Beef RibBq Sandwich  
or Hamburger  
Green Peas  
Milk and Fruit

**Snack**  
WG Rainbow Goldfish  
Low-Fat Milk

**Tuesday, November 5**

**Breakfast**  
WG Pizza Bagel  
Milk and Fruit

**Lunch**  
WG Popcorn Chicken w/  
WG Biscuit  
Green Beans  
Milk and Fruit

**Snack**  
WG Chocolate Belly Bears  
Low-Fat Milk

**Wednesday, November 6**

**Breakfast**  
WG French Toast Sticks  
Milk and Fruit

**Lunch**  
WG Cheese or Pepperoni  
French Bread Pizza  
Broccoli  
Milk and Fruit

**Snack**  
WG Strawberry Waffle  
Apple Juice

**Thursday, November 7**

**Breakfast**  
WG Cinnamon Crumb Cake  
Milk and Fruit

**Lunch**  
*New Item: Pulled Pork Nachos*  
Refried Beans  
Milk and Fruit

**Snack**  
Roasted Sunflower Seeds  
Low-Fat Milk

**Friday, November 8**

**Breakfast**  
WG Blueberry Muffin  
Milk and Fruit

**Lunch**  
WG Grilled Cheese Sandwich or  
Chicken Salad Sandwich or Chicken  
Salad w/ Savory Crackers  
Yellow Corn  
Milk and Fruit

**Snack**  
WG Jungle Crackers  
Low-Fat Milk

**Monday, November 11**



**Veteran's Day  
No School Today**

**Tuesday, November 12**

**Breakfast**  
Ultimate Breakfast Round  
Milk and Fruit

**Lunch**  
WG Corn Dogs or Hot Dogs  
Green Peas  
Milk and Fruit

**Snack**  
WG Scooby Doo Graham Sticks  
Low-Fat Milk

**Wednesday, November 13**

**Breakfast**  
Bagel & Low-Fat Yogurt  
Milk and Fruit

**Lunch**  
Domino's or Papa John's Pizza  
Yellow Corn  
Milk and Fruit

**Snack**  
WG Rice Krispies Treats  
Low-Fat Milk

**Thursday, November 14**

**Breakfast**  
WG Pancakes  
Milk and Fruit

**Lunch**  
Baked Chicken & Garlic Breadstick  
Broccoli  
Milk and Fruit

**Snack**  
WG Belly Bear Grahams  
Low-Fat Milk

**Friday, November 15**

**Breakfast**  
WG Breakfast Honey Buns  
Milk and Fruit

**Lunch**  
WG Turkey Ham & Cheese  
Sandwich or Wrap or  
Manager's Choice  
Green Beans  
Milk and Fruit

**Snack**  
Multigrain SunChips  
Low-Fat Milk

**AVAILABLE DAILY**

**Offered @ Lunch  
Variety of Seasonal Fruits**

**&**

**Variety of Fresh Vegetables  
at the Salad Bar**

**Turkey (& Cheese) Sandwiches**

**or**

**Chef's Salad**

**or**

**Yogurt & Fruit Parfait**





# Feast o' Fiber!

Lots of the foods we eat on Thanksgiving are good fiber sources, including all of the ones listed below. Find and color all of the letters in these "fiber foods," and then unscramble the leftover letters to learn the name of one Turkey Day favorite that contains no fiber.

**Broccoli Carrots Pumpkin Pie  
Sweet Potatoes Cranberry Sauce**



**ANSWER:** \_\_\_\_\_

Even though this favorite food doesn't have any fiber, it's still a nutritious source of high quality protein that's relatively low in fat and calories compared to many other protein foods! Enjoy it along with generous portions of the higher-fiber stuff!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**KIDS!**  
Join us for our Thanksgiving Feast

Featuring Turkey & all your favorite trimmings

**Thursday, November 21**

**OUR NATION'S HISTORY**

During World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help our kids learn. Please remember to thank your teachers during this year's American Education Week, November 18-22.

**Teacher**  
EDUCATION

**WITH LIBERTY & JUSTICE FOR ALL**

**Monday, November 18**

**Breakfast**  
WG Waffle  
Milk and Fruit

**Lunch**  
WG Regular or Spicy Chicken Sandwich  
Green Peas  
Milk and Fruit

**Snack**  
WG Belly Bear Grahams  
Low-Fat Milk

**Tuesday, November 19**

**Breakfast**  
WG Pizza Bagel  
Milk and Fruit

**Lunch**  
WG Beef Taco Stick  
Refried Beans  
Milk and Fruit

**Snack**  
WG Heartzels Pretzels  
Low-Fat Milk

**Wednesday, November 20**

**Breakfast**  
WG French Toast Sticks  
Milk and Fruit

**Lunch**  
WG Cheese or Pepperoni Calzone  
Yellow Corn  
Milk and Fruit

**Snack**  
WG Cheez-Its  
Apple Juice

**Thursday, November 21**

**Breakfast**  
WG Pancakes  
Milk and Fruit

**Lunch**  
Turkey & Gravy  
Mashed Potatoes  
Milk and Fruit

**Snack**  
WG Chocolate Chip Cookie  
Low-Fat Milk

**Friday, November 22**

**Breakfast**  
WG Blueberry Muffin  
Milk and Fruit

**Lunch**  
WG Popcorn Chicken w/  
WG Roll or  
Manager's Choice  
Green Beans  
Milk and Fruit

**Snack**  
WG Jungle Crackers  
Low-Fat Milk

**Monday, December 2**

**Breakfast**  
WG Cornbread Poppers  
Milk and Fruit

**Lunch**  
WG Chicken Tenders or Fish Sticks & Hawaiian Roll  
Green Beans  
Milk and Fruit

**Snack**  
WG Cheddar Goldfish  
Low-Fat Milk

**THANKSGIVING!**

**ENJOY YOUR HOLIDAY!**

**SEE YOU MONDAY!**

**THURSDAY, NOVEMBER 28, 2024**

Classes will resume on Monday, December 02, 2024