



= Vegan

November Supper

2025

Fruit and Vegetables offered daily:

M: Fruit Bowl & Seasoned Beans

T: Assorted Fruit Cups & Baby Carrots

W: Fruit Bowl & Side Salad

Th: Assorted Fruit Cups & Baby Carrots F: Fruit Bowl & Spicy Cucumber



All meals include the following components: Grain, Meat or Meat Alternative, Fruit, Vegetable, and Milk. Students must select 3 out of the 5 components offered, with one component being a fruit or vegetable. *The whole grain option may consist of chips, crackers,

a roll, or a pretzel.

Assorted Condiments: (optional vary daily) Mustard, Mayonnaise, Ketchup, Tapatio. Milk:1%Low-fat White Milk, and Nonfat Chocolate Milk offered daily with each meal. All milk is locally sourced and rBST hormone free. ** Milk is NOT required with Meals**

*Please see the Site Supervisor to request a specific allergen free menu