

NOVEMBER 2025

TASTY

HEALTHY

FUN

VARIETY

BALANCED

Name of the menu :FIT Academy Grades K-8 Lunch Menu

Options : Hot,Cold Meals & Deli Salads

Grade : K-8 Grades

Meal Pattern : NSLP

Monday, 11/3/2025		Tuesday, 11/4/2025		Wednesday, 11/5/2025		Thursday, 11/6/2025		Friday, 11/7/2025	
Week III	HOT MEAL	Premium Chicken Patty Sandwich	Brunch Lunch	Roasted Sliced Beef on Flatbread		Sweet & Sour Chicken		Cheese Quesadilla	
		WG Bun & Ketchup	French Toast Sticks w/ Syrup	Sliced Beef, Lime Slaw & Swiss Cheese on Flatbread		Veg Fried Rice		Salad Greens & Dressing	
		CKC Baked Beans	Soft Sweet Potato Sticks	Steamed Corn		Crisp Broccoli, Carrot Slims & Dip		Fresh Cut Apple Wedges	
		Carrot Slims	Fresh Cut Celery	Banana		Fresh Honeydew Chunks		Choice Milk	
		Fruit Cup & Choice Milk	Fresh Orange & Choice Milk	Choice Milk		Choice Milk		Yahoo! Special Chips Day! Nacho Cheese Doritos	
COLD		Pesto & Provolone Chicken Bun	Turkey Bun w/ Mayo	Citrus Chicken Bun		Green Chicken Wrap		Honey Mustard Chix Pasta	

Monday, 11/10/2025		Tuesday, 11/11/2025		Wednesday, 11/12/2025		Thursday, 11/13/2025		Friday, 11/14/2025	
Week IV	HOT MEAL	Crispy Chicken Tenders	Cheeseburger	Alfredo Penne		Pulled Chicken Taco		'Max Cheez' Breadsticks	
		Ketchup	Bun, Chz Slice & Ketchup	Sliced Cucumbers & Dip		Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Crema		Seasoned Warm Red Sauce	
		Carrot Slims & Dip	Potato Smiles	Banana		Seasoned Black Beans		Caesar Salad (Romaine, Croutons, Cheese & Caesar Dressing)	
		Fruit Cup	Fresh Orange	Choice Milk		Fresh Honeydew Chunks & Choice Milk		Fresh Cut Apple Wedges	
		WG Roll & Choice Milk	Choice Milk	Woohoo! Special Treat Day! Confetti Cookie				Choice Milk	
COLD		Turkey & Cheese on WW Bread w/ Mayo	Grilled Chicken & Cheese Bun	Turkey & Cheese on Bagel		Chicken Club Hoagie		Egg Salad on WW Bread	

Monday, 11/17/2025		Tuesday, 11/18/2025		Wednesday, 11/19/2025		Thursday, 11/20/2025		Friday, 11/21/2025	
Week V	HOT MEAL	Mandarin Orange Chicken	Pop-Chicken Bowl	Macaroni Pasta w/ Spaghetti Meatballs		Premium Corn Dog		French Bread	
		Veggie Fried Rice	Popcorn Chicken w/ Ketchup	Marinara Meatballs served with WG Buttered Macaroni		WG Chicken Corn Dog Served with Ketchup		Crisp Broccoli Florets	
		Celery Sticks, Carrots & Dip	Mashed Potatoes	Top with Shred Mozzarella (Served on side)		CKC Baked Beans & Cucumbers		Fresh Cut Apple Wedges	
		Fruit Cup	WG Roll & Carrots	Salad Greens & Dressing		Fresh Honeydew Chunks & Choice Milk		Choice Milk	
		Choice Milk	Fresh Orange & Choice Milk	Banana & Choice Milk		Hooray! Special Chips Day! Cool Ranch Doritos			
COLD		Pesto & Provolone Chicken Bun	Deli Turkey on WW Bread w/ Mayo	Banh Mi Chicken on Flatbread		Turkey & Chz on Hoagie w/ Mayo		Chicken Caesar Wrap	

Monday, 11/24/2025		Tuesday, 11/25/2025		Wednesday, 11/26/2025		Thursday, 11/27/2025		Friday, 11/28/2025	
Week VI	HOT MEAL	Classic Hamburger	Premium Chicken Nuggets	Walking Taco		Chicken Tender Shack		Mini Cheese Pizza Triangles	
		WG Bun , Pickles & Ketchup	Ketchup	Nacho Doritos, Seasoned Beef Taco		Chicken Tenders, WG Bun & Coleslaw		Greens Salad & Dressing	
		Baby Carrots & Dip	Potato Stix w/ Ketchup	Fill with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa		Enjoy as a sandwich or savor the tenders solo with the ketchup(served with the meal)		Fresh Cut Apple Wedges	
		Fruit Cup & Choice Milk	Celery Sticks & WG Dinner Roll	Cheesy Refried Beans		Sliced Cucumbers w/ Dip		Choice Milk	
		Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie	Fresh Orange & Choice Milk	Banana & Choice Milk		Fresh Honeydew Chunks & Choice Milk			
COLD		Grilled Chicken & Cheese Bun	Turkey Bun w/ Mayo	Chicken Club Hoagie		Green Chicken Wrap		Honey Mustard Chix Pasta	

Hot meals and Cold meals are served with vegetables, fruit of the day & milk.

DELI SALADS	Grilled Chicken Caesar Salad	Grilled Asian Chicken Salad	Grilled Chicken SW Taco Salad	Classic Turkey & Egg Chef Salad	Quinoa Powerbowl Chicken Salad
	(Veg Option) Caesar Salad w/ Egg	(Veg Option) Asian Salad w/ Egg	(Veg Option) SW Taco Salad w/ Egg	(Veg Option) Classic Chef Salad w/ Egg	(Veg Option) Quinoa Powerbowl Salad w/ Egg

Deli Salad choices offered everyday. Both Regular & Vegetarian options are available. Vegetarian choices come with egg or cheese in the place of meat. All deli salads come with fruit and milk)

Skim & 1% milk served daily.

This menu is 100% pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek of upcoming menu plan.

The Power of Fruits in School Meals

From fresh and frozen to canned, dried and 100% juice, all forms of fruit have a place on our school meal menus. Whether it's enjoying a juicy water melon at lunch or enjoying a handful of raisins as a snack, every fruit choice contributes to one's overall health and well-being. Fruit is packed with essential vitamins, minerals and antioxidants that promote overall health and well-being. Whether it's the vitamin C boost from citrus fruits, the potassium-rich goodness of bananas or the fiber-packed sweetness of apples, each fruit offers its unique nutritional benefits. By incorporating a variety of fruits into our school meals, we provide students with a range of nutrients to help them thrive both in and out of the classroom.

WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)						DECEMBER 2025					
TASTY		HEALTHY		FUN		VARIETY		BALANCED			
		Monday, 12/1/2025		Tuesday, 12/2/2025		Wednesday, 12/3/2025		Thursday, 12/4/2025		Friday, 12/5/2025	
Week I	HOT MEAL	Roasted Chicken Drumstick		Brunch Lunch		All Beef Hot Dog		Asian Chicken Noodle Bowl		Pizza Crunchers	
		Mashed Potatoes		Buttermilk Pancakes w/ Syrup		WG Hot Dog Bun & Ketchup		Sesame Chicken on Mongolian Noodles		Steamed Buttered Peas	
		Celery Sticks		Colby Cheese Omelet		CKC Baked Beans & Cucumbers		Crisp Broccoli w/ Dip		Fresh Cut Apple Wedges	
		Fruit Cup		Baby Carrots & Dip		Banana & Choice Milk		Fresh Honeydew Chunks		Choice Milk	
		WG Roll & Choice Milk		Fresh Orange & Choice Milk		Yahoo! Special Chips Day! Baked Cheetos		Choice Milk			
COLD		Turkey & Cheese on WW Bread w/ Mayo		Citrus Chicken Bun		Turkey & Cheese on Bagel		Chicken Shred Bun		Egg Salad on WW Bread	
		Monday, 12/8/2025		Tuesday, 12/9/2025		Wednesday, 12/10/2025		Thursday, 12/11/2025		Friday, 12/12/2025	
Week II	HOT MEAL	Twin Faues Day		Beef Pretzel Dog		Chicken & Egg Fried Rice		Beef Taco		Cheesy Lasagna	
		Chicken Nuggets w/ Ketchup		Served with Ketchup		Roasted Broccoli & Cauliflower Medley		Seasoned Beef Taco, WG Tortilla		Paired with Chopped Italian Salad	
		Mac & Cheese		Steamed Corn		Banana		Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa		(Romaine, Shred Carrots & Grape Tomatoes with Italian Dressing)	
		Celery & Carrots		Fresh Orange & Choice Milk		Choice Milk		Cheesy Refried Beans		Fresh Cut Apple Wedges	
		Fruit Cup & Choice Milk		Hooray! Special Chips Day! Cool Ranch Doritos				Fresh Honeydew Chunks & Choice Milk		Choice Milk	
COLD		Grilled Chicken & Cheese Bun		Deli Turkey on WW Bread w/ Mayo		Banh Mi Chicken on Flatbread		Turkey & Chz on Hoagie w/ Mayo		Chicken Caesar Wrap	