

NOVEMBER 2025					
	TASTY	HEALTHY	FOUN	VARIETY	BALANCED
Name of the menu :FIT Academy Grades 8-12 Lunch Menu			Options : Hot,Cold Meals & Deli Salads		
Grade : 9-12 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	Hot Meal	Hot Meal	Hot Meal	Hot Meal
	Premium Chicken Patty Sandwich WG Bun, Ketchup Chilled Potato Salad CKC Baked Beans & Carrot slims Fruit Cup, Fruit Juice & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Soft Sweet Potato Sticks Fresh Cut Celery w/ Dip Fresh Orange, Fruit Juice & Choice Milk	Roasted Sliced Beef on Flatbread Shredded Philly Style Beef, Chipotle Lime Slaw & Shred Swiss Cheese on Flatbread Steamed Corn Bananas Choice Milk	Sweet & Sour Chicken Seasoned Rice Crisp Broccoli, Carrot Slims & Dip Fresh Honeydew Chunks Fruit Juice & Choice Milk	Cheese Quesadilla w/ Salsa Salad Greens & Dressing Fresh Large Apple Choice Milk Yahoo! Special Chips Day! Nacho Cheese Doritos
	COLD	Pesto & Provolone Chicken Bun	Turkey Bun w/ Mayo	Citrus Chicken Bun	Green Chicken Wrap
	Monday, 11/10/2025	Tuesday, 11/11/2025	Wednesday, 11/12/2025	Thursday, 11/13/2025	Friday, 11/14/2025
Week IV	Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
	Crispy Chicken Tenders Ketchup WG Dinner Roll Carrot Slims & Fruit Cup Fruit Juice & Choice Milk	Cheeseburger Bun, Chz Slice, Ketchup & Mayo Crisp Celery & Potato Smiles Fresh Orange Fruit Juice & Choice Milk	Alfredo Penne Sliced Cucumbers, Baby Carrots & Dip Bananas Choice Milk Woohoo! Special Treat Day! Confetti Cookie	Pulled Chicken Taco Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Crema Seasoned Black Beans Fresh Honeydew Chunks, Fruit Juice & Choice Milk	'Max Cheez' Breadsticks Seasoned Warm Red Sauce Chilled Rotini Ranch Pasta Caesar Salad (Fresh Greens, Croutons, Cheese & Caesar Dressing) Fresh Large Apple & Choice Milk
	COLD	Turkey & Cheese on WW Bread w/ Mayo	Grilled Chicken & Cheese Bun	Turkey & Cheese on Bagel	Chicken Club Hoagie
	Monday, 11/17/2025	Tuesday, 11/18/2025	Wednesday, 11/19/2025	Thursday, 11/20/2025	Friday, 11/21/2025
Week V	Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
	Mandarin Orange Chicken Veggie Fried Rice Celery Sticks, Carrots & Dip Fruit Cup Fruit Juice & Choice Milk	Pop-Chicken Bowl Popcorn Chicken w/ Ketchup Mashed Potatoes WG Roll & Carrots Fresh Orange, Fruit Juice & Choice Milk	Macaroni Pasta w/ Spaghetti Meatballs Marinara Meatballs served with WG Buttered Macaroni & Warm Toast Top with Shred Mozzarella (Served on side) Salad Greens & Dressing Bananas & Choice Milk	Premium Corn Dog WG Chicken Corn Dog Served with Ketchup CKC Baked Beans & Cucumbers Fresh Honeydew Chunks, Fruit Juice & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	French Bread Chilled Pesto Penne Crisp Broccoli Florets Steamed Peas Fresh Large Apple & Choice Milk
	COLD	Pesto & Provolone Chicken Bun	Deli Turkey on WW Bread w/ Mayo	Banh Mi Chicken on Flatbread	Turkey & Chz on Hoagie w/ Mayo
	Monday, 11/24/2025	Tuesday, 11/25/2025	Wednesday, 11/26/2025	Thursday, 11/27/2025	Friday, 11/28/2025
Week VI	Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
	Classic Hamburger WG Bun , Pickles & Ketchup Baby Carrots & Dip Fruit Cup,Fruit Juice & Choice Milk Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie	Premium Chicken Nuggets Mix or Match sauce Ketchup & Lime Mayo Potato Stix w/ Ketchup Carrot Slims & WG Dinner Roll Fresh Orange, Fruit Juice & Choice Milk	Walking Taco Nacho Doritos, Seasoned Beef Taco Fill with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Cheesy Refried Beans Bananas & Choice Milk	Chicken Tender Shack Chicken Tenders, WG Bun & Coleslaw Enjoy as a sandwich or savor the tenders solo with the ketchup(served with the meal) Sliced Cucumbers w/ Dip Fresh Honeydew Chunks, Fruit Juice & Choice Milk	Mini Cheese Pizza Triangles Chilled Honey Mustard Pasta Greens Salad & Dressing Fresh Large Apple Choice Milk
	COLD	Grilled Chicken & Cheese Bun	Turkey Bun w/ Mayo	Chicken Club Hoagie	Green Chicken Wrap
Hot meals and Cold meals are served with vegetables, fruit of the day & milk.					
DELI SALADS	Grilled Chicken Caesar Salad (Veg Option) Caesar Salad w/ Egg	Grilled Asian Chicken Salad (Veg Option) Asian Salad w/ Egg	Grilled Chicken SW Taco Salad (Veg Option) SW Taco Salad w/ Egg	Classic Turkey & Egg Chef Salad (Veg Option) Classic Chef Salad w/ Egg	Quinoa Powerbowl Chicken Salad (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 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.					This menu is 100% pork-free.

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	Breaded Chicken Drumstick	Buttermilk Pancakes & Colby Cheese Omelet	All Beef Hot Dog	Asian Chicken Noodle Bowl	Pizza Crunchers
	Mashed Potatoes	Syrup PC	Hot Dog Bun, Ketchup & Mustard	Sesame Chicken on Mongolian Noodles	Chilled Rotini Ranch Pasta
	Celery Sticks	Baby Carrots & Dip	CKC Baked Beans & Cucumbers	Crisp Broccoli w/ Dip	Steamed Buttered Peas
	Hearty Dinner Roll w/ Butter & Fruit cup	Fresh Orange	Bananas & Choice Milk	Fresh Honeydew Chunks	Carrot Slims & Dip
	Fruit Juice & Choice Milk	Fruit Juice & Choice Milk	Yahoo! Special Chips Day! Baked Cheetos	Fruit Juice & Choice Milk	Fresh Large Apple & 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	Twin Faues Day	Beef Pretzel Dog	Chicken & Egg Fried Rice	Beef Taco	Cheesy Lasagna
	Chicken Nuggets w/ Ketchup	Served with Ketchup	Soy Sauce & Dinner Roll	Seasoned Beef Taco, W6 Tortilla	Paired with Chopped Italian Salad
	Mac & Cheese	Steamed Corn	Roasted Broccoli & Cauliflower Medley	Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Hot Sauce	(Romaine, Shred Carrots & Grape Tomatoes with Italian Dressing & Ranch)
	WG Roll Celery & Carrots	Fresh Orange,Fruit Juice & Choice Milk	Sliced Cucumbers & Dip	Cheesy Refried Beans	Fresh Large Apple & Choice Milk
	Fruit Cup,Fruit Juice & Choice Milk	Hooray! Special Chips Day! Cool Ranch Doritos	Bananas & Choice Milk	Fresh Honeydew Chunks, Fruit Juice & Choice Milk	Fresh Dinner Roll w/ Butter
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