NOVEMBER 2026

TASTY | HEALTHY | FUN | VARIETY | BALANCED

Name of the menu :FIT Academy Grades 8-12 Lunch Menu

Grade : 9-12 Grades

Options : Hot ,Cold Meals & Deli Salads

Meal Pattern :

		Monday, 11/2/2026	Tuesday, 11/3/2026	Wednesday, 11/4/2026	Thursday, 11/5/2026	Friday, 11/6/2026
Week I	HOT MEAL	**Fry-Yay Chicken Tenders** Fry-Yay Sauce,Ranch & WG Roll Baked Beans & Crisp Celery Crisp Apple, Juice Box & Choice Milk **Hooray! Special Chips Day! Cool Ranch Doritos**	**Waffles & Chicken Sausage** Maple Waffles w/ Syrup Chicken Sausage Patties Baby Carrots w/Dip Fruit Cup, Juice Box & Choice Milk	**Hot Italian Beef Meatball Sub** Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately) Potato Wedges Sliced Cucumbers Banana, Juice Box & Choice Milk	**Mandarin Orange Chicken & Noodles** Steamed Seasoned Rice Crisp Broccoli & Carrot Slims w/ Dip Mixed Fruit Cup Juice Box & Choice Milk	**Pizza Crunchers** Chilled Pesto Penne Mixed Salad & Dressing (Romaine, Corn, Shred Carrots & Dressing) Fresh Orange, Juice Box & Choice Milk
	COLD	Grilled Chicken & Cheese Bun	Italian Turkey Sandwich on WW Bread w/ Mayo	Egg Salad on WW Bread	Turkey & Cheese on Bagel w/ Mayo	Green Chicken Wrap
		Monday, 11/9/2026	Tuesday, 11/10/2026	Wednesday, 11/11/2026	Thursday, 11/12/2026	Friday, 11/13/2026
Week II	HOT MEAL	**PopMax Chicken & Creamy Cheesy Hashbrowns** Popcorn Chicken w/ Ketchup Creamy Cheesy Hashbrowns Celery Sticks & Carrot Slims WG Roll, Crisp Apple, Juice Box & Choice Milk	**Classic Hamburger** WG Bun , Pickles & Ketchup Potato Smiles & Grape Tomatoes Fruit Cup Juice Box & Choice Milk	**Creamy Mac & Cheese** Warm Garlic Toast Sliced Cucumbers, Carrot Slims w/ Dip Banana, Juice Box & Choice Milk **Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie**	**Pulled Chicken Taco** Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Seasoned Black Beans Mixed Fruit Cup, Juice Box & Choice Milk	**French Bread** Bistro Salad w/ French Dressing (Romaine, Spinach & Parsley) Fresh Orange & Juice Box Choice Milk
	COLD	Seasoned Chicken Bun	Turkey Bun w/ Mayo	Honey Mustard Chicken Sandwich	Deli Turkey & Cheese on WW Bread w/ Mayo	Honey Mustard Chix Pasta & WG Roll
		Monday, 11/16/2026	Tuesday, 11/17/2026	Wednesday, 11/18/2026	Thursday, 11/19/2026	Friday, 11/20/2026
Week III	HOT MEAL	**Brunch Lunch** Buttermilk Pancakes w/ Syrup Colby Cheese Omelet Baby Carrots & Dip Crisp Apple, Juice Box & Choice Milk	**Nashville Hot Chicken Tender Wrap** WG Tortilla, Shred Cheese, Boom Sauce & Shred Lettuce Baked Beans & Celery Sticks Fruit Cup & Potato Salad Juice Box & Choice Milk	**Swicy Glazed Meatballs** Sweet & Spicy Meatballs w/ Steamed Rice Garden Salad w/ ChowMein & Sesame Dressing Banana Juice Box & Choice Milk	**Breaded Chicken Drumstick** Mashed Potatoes Cucumbers WG Roll, Mixed Fruit Cup, Juice Box & Choice Milk **Yahoo! Special Chips Day! Hot Cheetos**	**Mini Cheese Pizza Triangles** Chilled Pesto Penne Eaz-Bite Veggie Medley w/ Ranch (Carrots & Sugar Peas) Fresh Orange, Juice Box & Choice Milk
	COLD	Italian Turkey Sandwich on WW Bread w/ Mayo	Seasoned Chicken Bun	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap	Egg Salad on WW Bread
		Monday, 11/23/2026	Tuesday, 11/24/2026	Wednesday, 11/25/2026	Thursday, 11/26/2026	Friday, 11/27/2026
Week IV	HOT MEAL	**Battered Corn Dog** WG Chicken Corn Dog Served with Ketchup CKC Baked Beans & Crisp Celery Crisp Apple, Juice Box & Choice Milk **Hooray! Special Chips Day! Flamas**	**Twin Faves Day** **Chicken Nuggets w/ Ketchup** **Mac & Cheese | WG Roll** Sugar Snap Peas & Carrots Fruit Cup, Juice Box & Choice Milk	**Zeus Frito Crunch** Greek Style Seasoned Beef, Yellow Rice, Fritos, Tzatziki Sauce Steamed Corn Shred Lettuce Banana, Juice Box & Choice Milk	**Mandarin Orange Chicken** Steamed Rice Carrot Slims, Sliced Cucumbers w/ Dip Mixed Fruit Cup Juice Box & Choice Milk	**Max Cheese Breadsticks** Seasoned Warm Red Sauce Caesar Salad (Romaine, Shred Carrots, Croutons, Cheese & Caesar Dressing) Fresh Orange Juice Box & Choice Milk
	COLD	Grilled Chicken & Cheese Bun	Deli Turkey on WW Bread w/ Mayo	Chicken Club Hoagie	Turkey & Cheese on Bagel	Green Chicken Wrap
		Monday, 11/30/2026				
Week V	HOT MEAL	**Big Bite Pop-Chicken & Mashed Potatoes** Popcorn Chicken w/ Ketchup Mashed Potatoes Celery Sticks w/ Dip & WG Roll Crisp Apple, Juice Box & Choice Milk				
	COLD	Pesto & Provolone Chicken Bun				

Cold Vegetarian 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)

Assorted Fluid Milk / Fluid Milk Substitute Choices offered.

This menu is 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 at the upcoming menu plan.

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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 2026

		TASTY	HEALTHY	FUN	VARIETY	BALANCED
			Tuesday, 12/1/2026	Wednesday, 12/2/2026	Thursday, 12/3/2026	Friday, 12/4/2026
Week V	HOT MEAL		**Cheeseburger** Bun, Chz Slice & Ketchup Baked Beans Sugar Snap Peas Fruit Cup, Juice Box & Choice Milk	**Brunch Lunch** French Toast Sticks w/ Syrup Baby Carrots w/ Dip Celery Sticks Banana, Juice Box & Choice Milk	**General Tso Chicken** Steamed Rice Crisp Broccoli & Carrot Slims w/ Dip Mixed Fruit Cup Juice Box & Choice Milk	**Cheese Quesadilla** Sliced Cucumbers Fresh Orange Juice Box & Choice Milk **Yahoo! Special Chips Day!** **Nacho Cheese Doritos**
	COLD		Citrus Chicken Bun	Turkey Bun w/ Mayo	Banh Mi Chicken on Flatbread	Egg Salad on WW Bread
		Monday, 12/7/2026	Tuesday, 12/8/2026	Wednesday, 12/9/2026	Thursday, 12/10/2026	Friday, 12/11/2026
Week VI	HOT MEAL	**Chicken Patty Sandwich** WG Bun & Ketchup Baby Carrots w/ Dip Sugar Snap Peas Crisp Apple, Juice Box & Choice Milk	**All Beef Hot Dog** Served with Ketchup & Mustard Steamed Corn Fruit Cup, Juice Box & Choice Milk **Yahoo! Special Treat Day!** **Confetti Cookie**	**Premium Chicken Nuggets** Ketchup & WG Roll Tater Tots w/ Ketchup Sliced Cucumbers w/ Dip Banana, Juice Box & Choice Milk	**Walking Taco** Nacho Doritos, Seasoned Beef Taco Fill with Mexican Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Cheesy Refried Beans Mixed Fruit Cup, Juice Box & Choice Milk	**Cheesy Lasagna** Hearty Dinner Roll w/ Butter Paired with Chopped Italian Salad (Romaine, Shred Carrots & Grape Tomatoes with Italian Dressing) Fresh Orange, Juice Box & Choice Milk
	COLD	Turkey & Cheese on WW Bread w/ Mayo	Seasoned Chicken Bun	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap	Honey Mustard Chix Pasta & Hearty Dinner Roll

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Menu is subject to infrequent changes