Byron Bergen Elementary School

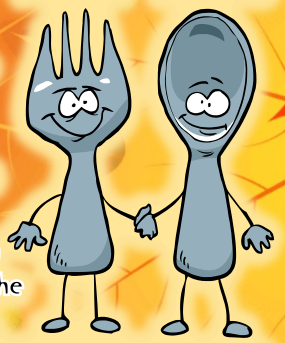
This institution is an equal opportunity provider. Menus are subject to change.

Menus for November 2026

DON'T FORGET TO SET YOUR CLOCKS BACK 1 HOUR

SUNDAY, NOV 1

THE FAMILY THAT EATS TOGETHER.



Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

WARM AND SOAPY.

You wash your hands to get rid of germs – and water alone can't do that. You need soap and warm water to rinse away bacteria. So soap up your hands, pull them out of the water stream and rub them all over for at least ten or fifteen seconds, and then rinse off.

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Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
Breakfast Apple Danish **Lunch** Pulled Pork on Bun Fun Pack PBJ Meal Sweet Potato Fries Vegetable Soup/Crackers Fruit	**Breakfast** French Toast Minis **Lunch** Loaded Nachos, Seasoned Rice Tuna on Bun Salad Bar Lettuce & Tomato Bean Salsa Fruit	**Breakfast** Waffles **Lunch** Hot Ham & Cheese on Pretzel Bun Turkey & Cheese Sub Salad Bar French Fries Spinach Fruit	**Breakfast** Breakfast Grilled Cheese **Lunch** Pasta & Meat Sauce & Cheese, Bread Stick Bento Box Salad Bar Romaine & Tomato Salad Broccoli Fruit	**Breakfast** Bagel & Cream Cheese **Lunch** Pepperoni Pizza Cheese Pizza Assorted Sub Salad Bar Peas Corn Fruit
Monday, November 9	**Tuesday, November 10**		**Thursday, November 12**	**Friday, November 13**
Breakfast Cinnamon Toaster Pastry **Lunch** Chicken Tenders, Muffin Fun Pack PBJ Meal French Fries Chi Chi Bean Salad Fruit	**Breakfast** Pancakes **Lunch** Italian Dunkers, Dipping Sauce Egg Salad on Kaiser Roll Salad bar Green Beans Romaine & Tomato Salad Fruit		**Breakfast** Breakfast Wrap **Lunch** Baked Chicken, Roll Bento Box Salad Bar Mashed Potatoes & Gravy Roasted Zucchini Fruit	**Breakfast** Bagel & Cream Cheese **Lunch** Pepperoni Pizza Cheese Pizza PBJ Meal Salad Bar Carrots Broccoli Fruit

NUTRITION TO GO

Lots of kids and adults love yogurt – and that's great, because yogurt is a low fat, high quality source of protein, and it's also loaded with calcium. One cup of lowfat fruit yogurt contains about 200 calories and only a couple of grams of fat -- and yogurt is easier to digest for people who have trouble with milk.

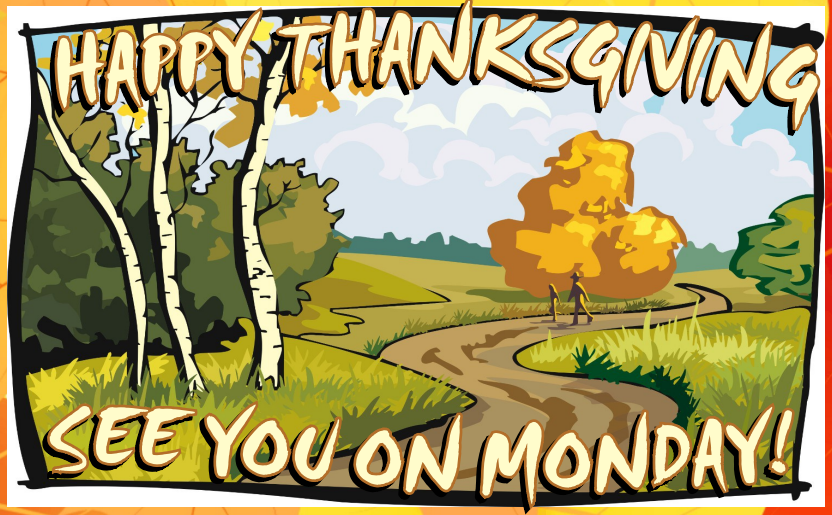
A QUICK BITE FOR PARENTS

Thank You

★VETERANS' DAY★
NOVEMBER 11

Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
Breakfast Waffles **Lunch** Chicken Patty on Bun Toppings Fun Pack PBJ Meal Celery Dippers Broccoli Salad Fruit	**Breakfast** Yogurt Parfait **Lunch** Macaroni & Cheese & Roll Ham & Cheese on Bun Salad Bar Romaine & Tomato Salad Baked Seasoned Beans Fruit	**Breakfast** Breakfast Wrap **Lunch** Breakfast for Lunch Egg Patty, Sausage, Fr. Toast Turkey & Cheese Sub Salad Bar Hash Browns Fruit Juice Fruit	**Breakfast** Large Homemade Muffins **Lunch** Turkey & Gravy, Roll Bento Box Salad Bar Mashed Potato Squash Fruit	**Breakfast** Cinnamon Roll 1/2 Day Parent Teacher Conference Day

Monday, November 23	Tuesday, November 24
Breakfast French Toast 1/2 Day Parent Teacher Conference Day	**Breakfast** Donuts 1/2 Day Parent Teacher Conference Day



WILD CHILD

The majestic wild turkey is nothing like its barnyard cousin on the Thanksgiving table. The wild ones can run 25 miles an hour and can fly at 50+. They sleep in trees, and the big males have been known to chase off humans who get too close. Wild turkeys prefer to eat nuts, seeds, and berries – but they'll also consume insects, frogs, lizards, and snakes.

Monday, November 30
Breakfast Pancakes **Lunch** Pizza Bites, Roll Dippin Sauce Corn Green Beans Fruit

Default fruit.

What's on YOUR plate?

There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has "berry" right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly ¼ cup contains 6 teaspoons of sugar. That's an entire day's worth!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

AVAILABLE DAI-

Milk Choices at all Meals
Fruit Choices at all Meals
Please use Myschoolbuks.com for Purchases
Please submit a Lunch Form
We use Roanoke Apples and Torrey Farms Vegetables
Remember Our Veterans on Nov. 11th
Inform Cafeteria of Allergies
Have a Happy Thanksgiving