Byron Bergen Junior Senior High School

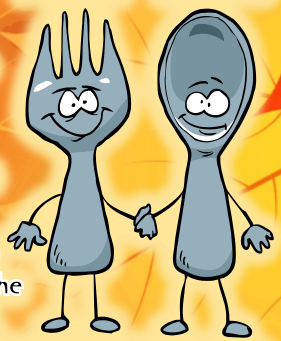
This institution is an equal opportunity provider. Menus are subject to change.

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 Kaiser Roll Pizza Line Sweet Potato Fries Vegetable Soup/Crackers Fruit	**Breakfast** French Toast **Lunch** Loaded Nachos, Seasoned Rice Sub Line Lettuce & Tomato Bean Salsa Fruit	**Breakfast** Waffles **Lunch** Hot Ham & Cheese on Flat Bread Pizza Line French Fries Spinach Fruit	**Breakfast** Breakfast Sandwich **Lunch** Pasta & Meat Sauce & Cheese, Bread Stick Sub Line Bento Box Romaine & Tomato Salad Broccoli Fruit	**Breakfast** Bagel & Cream Cheese Latte And Muffin **Lunch** Baked Chicken, Roll Pizza Line Peas Cheesy Potatoes Fruit
Monday, November 9	**Tuesday, November 10**		**Thursday, November 12**	**Friday, November 13**
Breakfast Cinnamon Toaster Pastry **Lunch** Chicken Tenders, Muffin Pizza Line French Fries Carrots Fruit	**Breakfast** Pancakes **Lunch** Turkey Club Sandwich Sub Line Sweet Potatoes Zucchini Fruit		**Breakfast** Breakfast Bowl **Lunch** Italian Dunkers, Dipping Sauce Sub Line Bento Box Green Beans Romaine & Tomato Salad Fruit	**Breakfast** Bagel & Cream Cheese **Lunch** Baked Potato Bar/Roll Pizza Line Chili Bean Topping 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

Breakfast
Waffles

Lunch
Chicken Patty on Bun
Toppings

Pizza Line

Celery Dippers
Broccoli Salad
Fruit

Tuesday, November 17

Breakfast
Homemade Muffin

Lunch
Macaroni & Cheese & Roll

Sub Line

Green Beans
Chi chi Bean Salad
Fruit

Wednesday, November 18

Breakfast
Yogurt Parfait

Lunch
Breakfast for Lunch
Egg Patty, Sausage, Fr. Toast

Pizza Line

Hash Browns
Cherry Tomatoes
Fruit

Thursday, November 19

Breakfast
Breakfast Wrap

Lunch
Turkey & Gravy, Roll

Sub Line
Bento Box

Mashed Potato
Squash
Fruit

Friday, November 20

Breakfast
Cinnamon Roll

1/2 Day
Parent Teacher Conference Day

Monday, November 23

Breakfast
French Toast

Lunch
Orange Chicken, Roll
Seasoned Rice

Pizza Line

Oriental Vegetables
Carrots
Fruit

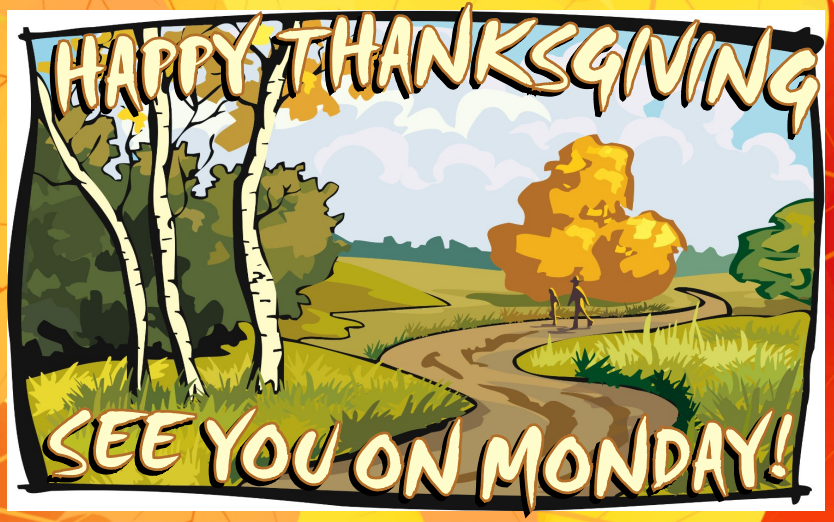
Tuesday, November 24

Breakfast
Donuts

Lunch
Grilled Cheese

Sub Line

Tomato Soup/Crackers
Cucumber Wheels
Fruit



Monday, November 30

Breakfast
Pancakes

Lunch
Pizza Crunchers, Roll
Dippin Sauce

Pizza Line

Corn
Green Beans
Fruit

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.

ANIMAL APPETITES

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 & Torrey Farm Vegetables
Remember Our Veterans on Nov. 11 th
Have a Happy Thanksgiving
Inform Cafeteria of Allergies