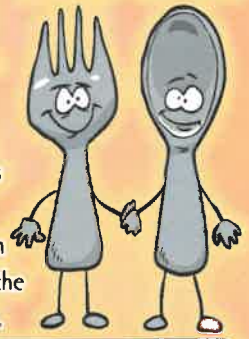
GANADO UNIFIED SCHOOL DISTRICT #20

Menus for NOVEMBER 2026

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

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!

DON'T FORGET TO SET YOUR CLOCKS BACK 1 HOUR



SUNDAY, NOV. 1



Every complete meal we serve comes with your choice of milk!

Monday, November 2
Breakfast
Breakfast Pizza
Apple Juice
Fresh Fruit
Choice of Milk
Lunch
Chili Beans
Blue Corn Cornbread
Celery Sticks
Steamed Carrots
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Tuesday, November 3
Breakfast
Biscuit Sausage Sandwich,
Fresh Fruit
Choice of Milk
Lunch
Three Sister Enchiladas Casserole
Mexicali Corn
Refried Beans
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Wed., November 4
Breakfast
WG Toast w/ Jam
Scrambled Eggs
Apple Juice, Fruit
Choice of Milk
Lunch
Cheeseburger
French Fries
Gr Leaf/Tomato
Baked Beans
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Thursday, November 5
Breakfast
WG Pancakes, Syrup
Sausage Links
Fresh Fruits
Choice of Milk
Lunch
Mandarin Orange Chicken w/ Noodles
Asian Vegetables
Baby Carrots
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Friday, November 6
Breakfast
Hash Brown Casserole
English Muffin, Jelly
Fresh Fruit
Choice of Milk
Lunch
Pepperoni Pizza
Romaine Salad
Ranch Dressing
Buffalo Cauliflower
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Monday, November 9
Breakfast
Ham/Cheese Strata
WG English Muffin
Apple Juice
Fresh Fruit
Choice of Milk
Lunch
BBQ Pork Sandwich
Steamed Broccoli
Celery Sticks
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

Tuesday, November 10
Breakfast
Blue Corn Mush
Hard Boiled Eggs
Fresh Fruit
Choice of Milk
Lunch
Red Chili Beef
WG Flour Tortilla
Carrots/Red Peppers
Romaine Salad
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

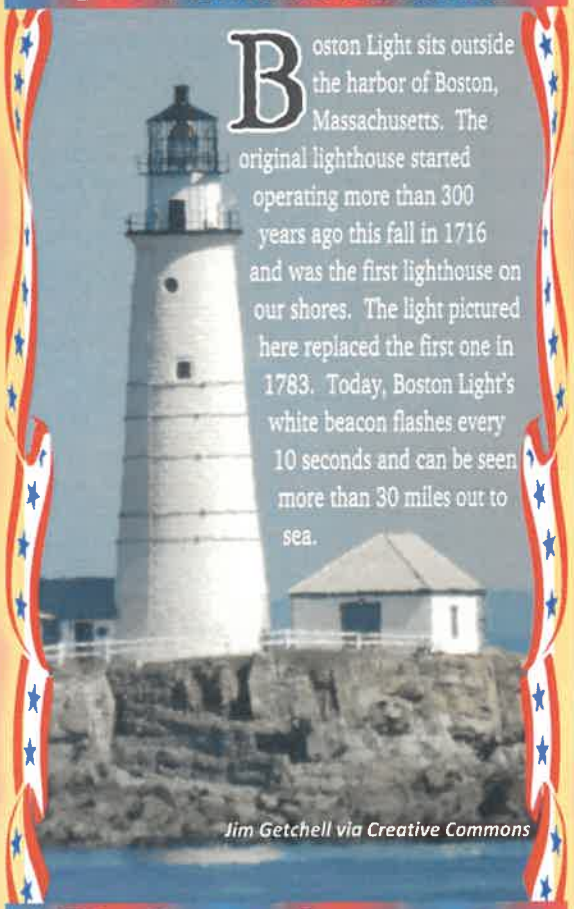
Wed., November 11


Veteran's Day
No School Today

Thursday, November 12
Breakfast
Peach Muffin Squares
Assorted Yogurt
Fresh Fruit
Choice of Milk
Lunch
Buffalo Chicken Rice Dip w/ WG Tortilla Chip
Steamed Corn
Green Beans
Fresh Fruit
MS, HS Alternate Choice

Friday, November 13
Breakfast
French Toast Sticks, Syrup, Sausage Patty, Fruits
Choice of Milk
Lunch
Sloppy Joe on a WG Homemade Bun
Baked Beans
Cole Slaw
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

★ Our Nation's History ★

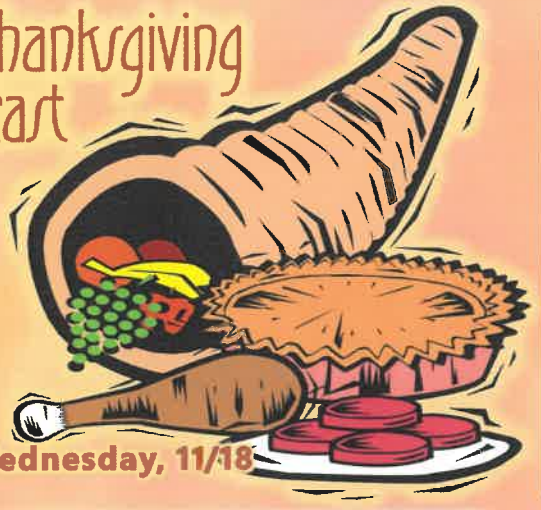


Boston Light sits outside the harbor of Boston, Massachusetts. The original lighthouse started operating more than 300 years ago this fall in 1716 and was the first lighthouse on our shores. The light pictured here replaced the first one in 1783. Today, Boston Light's white beacon flashes every 10 seconds and can be seen more than 30 miles out to sea.

Jim Getchell via Creative Commons

★ With Liberty & Justice for All ★

Thanksgiving Feast



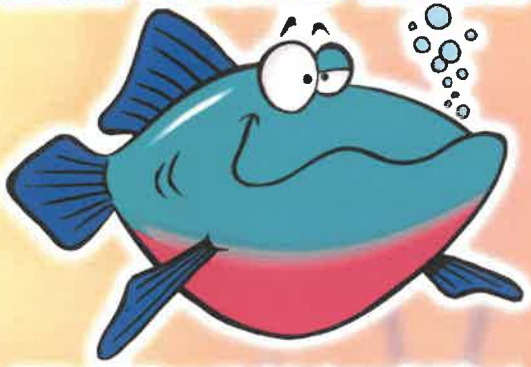
Wednesday, 11/18

Monday, November 16	Tuesday, November 17	Wed., November 18	Thursday, November 19	Friday, November 20
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Breakfast Tater Bowl	Cold Cereal	Cinnamon Crisp w/	Waffle, Syrup	Blue Corn Mush
Apple Juice	P/J Sandwich	Fruit Salad, Yogurt	Scrambled Eggs	Wg Buttered Toast
Fresh Fruit	Fresh Fruits	Fresh Fruit	Fresh Fruit	Fresh Fruit
Choice of Milk	Choice of milk	Choice of Milk	Choice of Milk	Choice of Milk
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Turkey/Cheese Sand.	Salisbury Steak	Turkey Roast	Chicken Nuggets	Taco Salad
Wild Rice Soup	Mashed Potato w/ Gray	Mashed Potato w/Gravy	WG Sliced Bread	Cilantro Lime Br Rice
Romaine Salad	WG Dinner Roll	Green Beans Casserole	Romaine Salad	Black Beans
Ranch Dressing	Steamed Broccoli	Cranberry, Fresh Fruit	Steamed Carrots	Mild Salsa
Fresh Fruits	Fresh Fruit	Pumpkin Pie	Fresh Fruit	Fresh Fruit
Choice of Milk	Choice of Milk	WG Lunch Roll	Choice of Milk	Choice of Milk
MS,HS Alternate Choice	MS, HS Alternate Choice	Choice of Milk	MS, HS Alternate Choice	MS, HS Alternate Choice



What's on YOUR plate?

Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

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



Happy Thanksgiving!

See you Monday 11/30/26!
(Enjoy your Break with your Family and Friends)

AVAILABLE DAILY

@ Middle & High School

Monday: Corndogs
Tuesday: Bean Burrito
Wednesday: Grilled Ham /Cheese
Thursday: Pepperoni Pizza
Friday: Hamburger

Menu are subject to change



Monday, November 30
Breakfast
Cream of Wheat
WG Buttered Toast
Juice, Fresh Fruit
Choice of Milk
Lunch
Native Taco on
Wg Fry Bread
Mild Salsa
Sweet Potato Fries
Fresh Fruit
Choice of Milk
MS, HS Alternate Choice

NUTRITION TOGO

Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for more!

A QUICK BITE FOR PARENTS

Many Moons

Native Americans had special names for every full moon of the year. One name for the November full moon is the "Much White Frost on Grass" moon, because November is when the cold weather sets in.