

Menu Name : Great Oaks Academy Grades K-5 Allergen Free Lunch Menu					
No Dairy No Gluten (No Wheat) No Egg No Soy No sesame No Fish No peanuts No tree nuts			No Shell Fish No Sunflowers (seed, oil & butte	Meal Pattern : NSLP	Meal: Lunch
November - 2025					
Hot Meals	Monday, November 03, 2025	Tuesday, November 04, 2025	Wednesday, November 05, 2025	Thursday, November 06, 2025	Friday, November 07, 2025
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/ Rice	Beef Meatballs	No School - Flex Learning day
	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	
	Fruit of the day	Steamed Corn	Served W/ Brown Rice	Steamed Carrots & peas	
	Corn Chips	Fruit of the day	Black beans	Fruit of the day	
	Choice of Milk	Choice of Milk	Choice of Milk	Corn Chips & Choice Milk	
Hot Meals	Monday, November 10, 2025	Tuesday, November 11, 2025	Wednesday, November 12, 2025	Thursday, November 13, 2025	Friday, November 14, 2025
	Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat over rice
	Golden Corn Chips	Steamed Rice	Fresh Broccoli	Steamed Rice	Seasoned beef on brown rice
	Black bean & Fresh Carrots	Steamed Green Beans	Fruit of the day	Baby Carrots	Steamed black beans & Corn
	Fruit of the day	Fruit of the day		Fruit of the day	Fruit of the day
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Hot Meal	Monday, November 17, 2025	Tuesday, November 18, 2025	Wednesday, November 19, 2025	Thursday, November 20, 2025	Friday, November 21, 2025
	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes
	Steamed Rice	Taco Beef & Golden Corn Chip	Brown Rice	Crisp Broccoli	Steamed Rice
	Steamed Green Beans	Black Bean & Corn	Fresh Baby Carrots	Fruit of the day	Steamed Peas
	Fruit of the day	Fruit of the day	Fruit of the day	Choice milk	Fruit of the day
	Choice of Milk	Choice of Milk	Choice of Milk		Choice Milk
Hot Meals	Monday, November 24, 2025	Tuesday, November 25, 2025	Wednesday, November 26, 2025	Thursday, November 27, 2025	Friday, November 28, 2025
	Chicken Fried Rice	Beef & Broccoli	No School	Thanksgiving Break	No School
	Baby Carrots	Brown Rice			
	Fruit of the day	Steamed Corn			
	Corn Chips	Fruit of the day			
	Choice of Milk	Choice of Milk			
	Fun and healthy holiday recipes can delight kids while providing nutrients.	For Thanksgiving, a turkey-shaped veggie tray with a healthy .. be a centerpiece.	For baking, consider healthier gingerbread muffins made with whole-grain flour and applesauce.	"When the world is so complicated, the simple gift of friendship is within all our hands"	