

Kestrel Heights Menu November 2025					
Breakfast	Monday (11/03/2025)	Tuesday (11/04/2025)	Wednesday (11/05/2025)	Thursday (11/06/2025)	Friday (11/07/2025)
	Blueberry Muffin Fresh Fruit 100% Fruit Juice Milk	WG Cinnamon Roll Fruit Choice 100% Fruit Juice Milk	WG Nutri Grain Bar w/ Cheese Stick Fruit Cup 100% Fruit Juice Milk	Pop Tarts Fresh Fruit 100% Fruit Juice Milk	WG Bagel w/ Cream Cheese Fruit Choice 100% Fruit Juice Milk
Lunch	Crispy Chicken Sandwich or Chickpea Salad on Bun Baked Beans Hashbrown Potatoes Fruit Choice Milk	Super Beef Spaghetti or Cheesy Spaghetti w/Cheese Stick Roasted Carrots Fresh Green Beans Fresh Fruit Roll Milk	Goey Cheese Quesadilla Pinto Beans Baby Carrots w/dressing Salsa Fruit Choice Milk	Turkey Hotdog on Bun Tater Tots Collards Applesauce Cup Milk	Cheese Pizza Corn Romaine Lettuce w/dressing Diced Peaches Milk
Breakfast	Monday (11/10/2025)	Tuesday (11/11/2025)	Wednesday (11/12/2025)	Thursday (11/13/2025)	Friday (11/14/2025)
	WG Cereal Fruit Choice 100% Fruit Juice Milk	Veterans Day – School Closed	Banana Muffin Fresh Fruit 100% Fruit Juice Milk	Breakfast Burrito Fruit Choice 100% Fruit Juice Milk	WG Donut Cluster Fruit Choice 100% Fruit Juice Milk
Lunch	Pulled BBQ Chicken on Bun Or Chickpea Salad on Bun Zany Zucchini & Tomatoes Baked Beans Fruit Choice Milk	Veterans Day – School Closed	Cheeseburger on Bun or Veggie Burger Tater Tots Spinach Fresh Fruit Milk	Turkey Sub w/ cheese or Mozzarella, Spinach & Tomato Sub Sun Chips Fruit Choice Milk	Cheese Pizza Corn Romaine Lettuce w/dressing Diced Peaches Milk
Breakfast	Monday (11/17/2025)	Tuesday (11/18/2025)	Wednesday (11/19/2025)	Thursday (11/20/2025)	Friday (11/21/2025)
	Cinnamon Roll Fruit Choice 100% Fruit Juice Milk	French Toast Sticks Banana 100% Fruit Juice Milk	WG Cereal Fruit Choice 100% Fruit Juice Milk	WG Granola and Yogurt Banana 100% Fruit Juice Milk	WG Nutri Grain Bar Cheese Stick Fruit Choice 100% Fruit Juice Milk
Lunch	Herb Roasted Chicken Thighs Black Beans Aromatic Brown Rice Sauteed Spinach Fresh Fruit Milk	Chicken & Waffle or Tofu & Waffle Baked Beans Hashbrown Potatoes Fruit Choice Milk	Cheese Ravioli w/Meat Sauce or Cheese Ravioli w/ Marinara Super Sauteed Spinach Glazed Carrots Fresh Fruit Roll Milk	Turkey Hotdog on Bun Tator Tots Fruit Choice Milk	Cheese Pizza Corn Romaine Lettuce w/dressing Diced Peaches Milk

	Monday (11/24/2025)	Tuesday (11/25/2025)	Wednesday (11/26/2025)	Thursday (11/27/2025)	Friday (11/28/2025)
Breakfast	Blueberry Muffin Fresh Fruit 100% Fruit Juice Milk	Cinnamon Roll Fresh Fruit 100% Fruit Juice Milk	Thanksgiving – School Closed	Thanksgiving – School Closed	Thanksgiving – School Closed
Lunch	Crispy Chicken Strips or Crispy Tofu Baked Beans Tater Tots Fruit Choice Milk	Cheeseburger w/Bun Spinach Baked Beans Fruit Choice Milk	Thanksgiving – School Closed	Thanksgiving – School Closed	Thanksgiving – School Closed