NOVEMBER ELEMENTARY 2026

Southeast Polk FOOD AND NUTRITION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 PORK TENDERLOIN ON BUN 2ND CHOICE: WARM PRETZEL PACK CHEESY MASHED POTATOES BABY CARROTS APPLE SLICES B - MINI PANCAKE BITES W/WHIPPED TOPPING	**3** GRILLED CHEESE SANDWICH 2ND : PEPPERONI MUNCHABLE CRINKLE CUT FRENCH FRIES CUCUMBER SLICES REGULAR OR STRAWBERRY APPLE CRISPS B - CHICKEN JUNIOR BISCUIT NATIONAL SANDWICH DAY!	**4** CHEESEBURGER MAC GARLIC ROLL 2ND CHOICE: SCOOBY PACK WINTER BLEND VEGGIES RED PEPPER STRIPS BANANA B - CINNAMON ROLL	**5** WALKING TACO 2ND : BAGELMATE W/CREAM CHEESE REFRIED BEANS W/CHEESE SHREDDED ROMAINE/BABY CARROTS STRAWBERRIES B - PANCAKE SAUSAGE BITES W/YOGURT CUP NATIONAL NACHOS DAY! 11/6	**6** CHICKEN NUGGETS GARLIC TOAST 2ND : ITALIAN COMBO SANDWICH CHEESY VEGGIES SNOW PEAS OR SUGAR SNAP PEAS ASSORTED APPLESAUCE B - MUFFIN W/MOZZ. OR COLBY JACK CHEESE STICK
9 PANCAKES EGGSTRAVAGANZA 2ND CHOICE: POWER PACK HASHBROWN PATTIES BABY CARROTS 100% FRUIT PUNCH JUICE CUP B - DUTCH WAFFLE	**10** CRISPITO W/CHEESE SAUCE 2ND CHOICE: CHEESE MUNCHABLE STEAMED BROCCOLI RED PEPPER STRIPS STRAWBERRY APPLESAUCE CUP B - BACON & EGG BREAKFAST PIZZA	**11** HAMBURGER ON A BUN 2ND CHOICE: RAM PACK CRINKLE CUT FRENCH FRIES GRAPE TOMATOES BABY CARROTS FRESH BARTLETT PEAR B - MINI WAFFLES W/SYRUP	**12** HOT HAM & CHEESE CROISSANT 2ND CHOICE: LUNCHMATE BAKED BEANS ROMAINE SALAD PEACHES & PEARS B - FRENCH TOAST STICKS W/WHIPPED TOPPING & WARMED STRAWBERRIES	**13** PEPPERONI PIZZA 2ND CHOICE: TURKEY SANDWICH STEAMED GREEN BEANS ASSORTED FRESH VEGGIES FUJI APPLE B - CROISSANT DONUT
16 PULLED PORK SANDWICH 2ND CHOICE: WARM PRETZEL PACK POTATO WEDGES BABY CARROTS DICED OR SLICED PEACHES B - MINI CINN. & SUGAR DONUTS	**17** CHICKEN NACHOS 2ND CHOICE: SCOOBY PACK REFRIED BEANS W/CHEESE SHREDDED ROMAINE BABY CARROTS 100% FROOT JOOCE SMOOTHIE CUP B - CHEESY SCRAMBLED EGGS W/TOAST	**18** POPCORN CHICKEN CHEEZ-ITS 2ND : PEPPERONI MUNCHABLE STEAMED CARROTS CUCUMBER SLICES ASSORTED APPLESAUCE B - YOGURT PARFAIT W/STRAWBERRIES & BLUEBERRIES	**19** TURKEY GRAVY GARLIC ROLL W/BUTTER PAT NO SECOND CHOICE MASHED POTATOES STEAMED GREEN BEANS SPICED APPLES PUMPKIN FLUFF B- SAUSAGE BREAKFAST PIZZA THANKSGIVING LUNCH!	**20** CHEESY RAM BREAD ITALIAN DIPPING SAUCE 2ND : ITALIAN COMBO SANDWICH MIXED GREENS SALAD ASSORTED FRESH VEGGIES ORANGE WEDGES B - CROISSANT W/SAUSAGE & CHEESE
23 MANDARIN ORANGE CHICKEN FRIED RICE 2ND CHOICE: POWER PACK STEAMED BROCCOLI BABY CARROTS MANDARIN ORANGES B - WAFFLE SANDWICH W/EGG & CHEESE	**24** CORN DOG SIMPLY CHEDDAR CHEX MIX 2ND CHOICE: CHEESE MUNCHABLE SWEET BEANS ASSORTED FRESH VEGGIES DICED OR SLICED PEARS B - EGGSTRAVAGANZA W/TATER TOTS	**25** NO SCHOOL	**26** NO SCHOOL	**27** NO SCHOOL
30 MINI TURKEY CORN DOGS 2ND CHOICE: WARM PRETZEL PACK SWEET BEANS BABY CARROTS MIXED FRUIT B - MINI PANCAKE BITES W/WHIPPED TOPPING				MENU READING GUIDE: LUNCH ENTREE CHOICE ALTERNATIVE LUNCH ENTREE VEGGIE SIDE VEGGIE SIDE FRUIT SIDE BREAKFAST ENTREE

A VARIETY OF MILK IS OFFERED EACH DAY. MENU SUBJECT TO CHANGE.
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

MEAL PRICES:

ELEMENTARY BREAKFAST
$1.90
ELEMENTARY LUNCH
$3.00
REDUCED BREAKFAST
$0.30
REDUCED LUNCH
$0.40

2 WAYS TO PAY LUNCH ACCOUNT BALANCES

#1

Pay online through Ram Mall.

Visit:
https://www.southeastpolk.org/
Quick Links > Ram Mall

#2

Bring cash or check to the front office of any building.

schoolcafé

VISIT WWW.SCHOOLCAFE.COM OR DOWNLOAD THE APP TO VIEW MENUS, BALANCE HISTORY & APPLY FOR FREE & REDUCED MEALS.

NOVEMBER NEWSLETTER 2026

Southeast Polk
FOOD AND NUTRITION

A Harvest of Thanks Word Find

Search high and low for all the hidden words! They can be hiding up, down, across, and diagonally, and some may even share letters. Once you've found them all, use the leftover letters to uncover the secret Thanksgiving message!

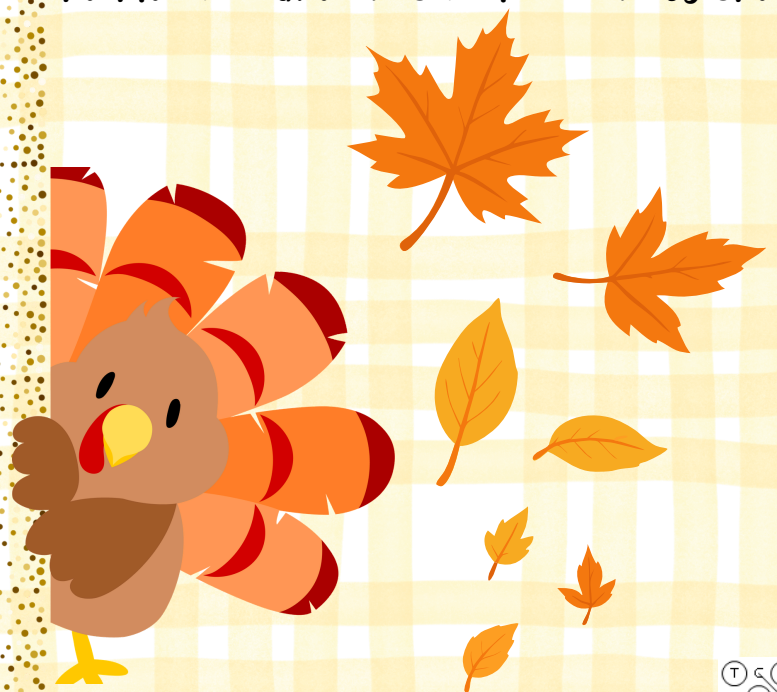
T C H A N K N F H S
C U O L H I E S A D
A A R R K T S E R N
Y S R P N E G L V E
R L M R N L Y P E I
W U I D O E E P S R
P O N M K T O A T F
W I R R A H S E R R
K E U G S F H T A N
D T H A N K F U L G

family · friends · grow · carrots · apple · corn · harvest · kindness · learn · pumpkin · thankful · turkey

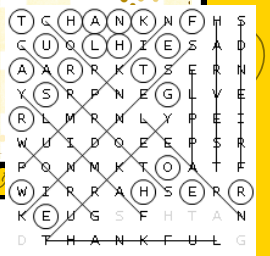
_____ _____ ____ ____!

The big Thanksgiving Feast is coming!

It's one of our favorite times of the year, and We're serving up a special meal filled with delicious favorites to bring the joy of the season to our cafeterias! Join us as we celebrate good food, great friends, and the people who make our school community special!



word Puzzle Answer:
grateful hearts grow here!



HEALTH IS WEALTH