LIL' RAMS - NOVEMBER 2026

Southeast Polk
FOOD AND NUTRITION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 COLBY JACK CHEESESTICK	3 APPLE SLICES	4 NO SNACK	5 STRAWBERRY CUPS	6 RED & GREEN PEPPER STRIPS W/RANCH
9 DOUBLE CHOCOLATE MUFFIN	10 BANANA	11 NO SNACK	12 CINNAMON APPLESAUCE CUP	13 HARDBOILED EGG
16 ORANGE WEDGES	17 BLUEBERRY MUFFIN	18 NO SNACK	19 BISCUIT W/BUTTER PAT	20 RAISINS
23 CEREAL BOWL W/MILK	24 WHOLE FROZEN FRUIT CUP	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 MIXED BERRY CUP				

CHEESESTICKS GIVE US PROTEIN TO HELP KEEP OUR MUSCLES STRONG!

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DO YOU LIKE RED OR GREEN PEPPERS BEST? GIVE THEM BOTH A TRY AND PUT IT TO THE TEST!"

👉 GROWN-UP TIP: TALK ABOUT THE DIFFERENT KINDS OF SNACKS AND HOW THEY ARE GROWN. SUCH AS THE PROCESS OF BELL PEPPERS CHANGING COLORS AS THEY RIPEN

MILK OFFERED WITH SNACK DAILY. MENU SUBJECT TO CHANGE.
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.