KEY POINT ACADEMY

# November 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2<br>AM Snack: Organic oat cereal with organic milk<br>Lunch: citrus pulled chicken , rice with pigeon peas, and baked broccoli with cauliflower<br>Vegetarian: pigeon peas with rice, and baked broccoli with cauliflower<br>Dessert: Fresh Cut Fruit<br>Soup: Cream of sweet potato<br>PM Snack: Organic string cheese with fresh cut fruit salad | 3<br>AM Snack: Organic blueberry muffin<br>Lunch: Ground lean beef, cilantro rice, and buttered corn with squash<br>Vegetarian: Refried beans, cilantro rice, and buttered corn with squash<br>Dessert: Fresh Cut Fruit<br>Soup: Cream of cauliflower<br>PM Snack: Organic vanilla yogurt with berries | 4<br>AM Snack: Egg salad made with greek yogurt on whole grain bread<br>Lunch: cheese tortellini in tomato sauce, side of white beans with peppers, and onions<br>Vegetarian: Cheese tortellini in tomato sauce, side of white beans with peppers, and onions<br>Dessert: Fresh Cut Fruit<br>Soup: Chicken and potato Soup<br>PM Snack: Fresh fruit salad with pretzels | 5<br>AM Snack: Organic banana bread<br>Lunch: Braised Chicken with potato in savory sauce, white rice, side of peas and carrots<br>Vegetarian: White bean stew, white rice, side of peas and carrots<br>Dessert: Fresh Cut Fruit<br>Soup: Cream of broccoli<br>PM Snack: Mini mandarin and string cheese | 6<br>AM Snack: Strawberry yogurt with granola on the side<br>Lunch: Homemade chicken tender bites, baked potatoes, and steamed green beans<br>Vegetarian: plant based chicken tender, baked potatoes, and steamed green beans<br>Dessert: Fresh Cut Fruit<br>Soup: Tomato bisque<br>PM Snack: Toddler friendly organic trail mix with dried yogurt (nut free) |
| 9<br>AM Snack: Organic Oat Cereal with organic milk<br>Lunch: Asian Beef and egg rice, with steamed green beans and diced carrots<br>Vegetarian: Asian tofu and egg rice, with green beans with diced carrots<br>Dessert: Fresh Cut Fruit<br>Soup: Cream of white bean<br>PM Snack: Melon and pretzels | 10<br>AM Snack: Mini bagel with cream cheese<br>Lunch: Whole grain pasta with pulled chicken in cheese sauce, side of squash and sweet peas<br>Vegetarian: whole grain pasta with cheese sauce, side of white beans and peppers<br>Dessert: Fresh cut Fruit<br>Soup: Chicken and root vegetables<br>PM Snack: Organic vanilla yogurt and diced strawberry | 11<br>No School<br>Veteran's Day | 12<br>AM Snack: Organic vanilla yogurt with organic toasted oats<br>Lunch: Ground turkey with pilaf rice, and baked broccoli<br>Vegetarian: Ground lentils with pilaf rice and baked broccoli<br>Dessert: Fresh Cut Fruit<br>Soup: Red Bean soup<br>PM Snack: Fresh cut organic pineapple and blueberries with wheat crackers | 13<br>AM Snack: Organic blueberry muffin<br>Lunch: Beef chili, baked potato tots and buttered corn<br>Vegetarian: Red bean chili, baked potato tots and buttered corn<br>Dessert: Fresh Cut Fruit<br>Soup: Split pea soup<br>PM Snack: Fresh cut apples with whipped honey cream |

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# November 2026

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| **16**<br>AM Snack: Organic Oat Cereal with organic milk<br><br>Lunch: Chicken with diced pineapple and peppers, white rice and mini sweet plantains<br>Vegetarian: Tofu with diced pineapple and peppers, white rice and mini sweet plantains<br>Dessert: Fresh Cut Fruit<br>Soup: Mix vegetable soup<br><br>PM Snack: Fresh watermelon and strawberry fruit salad | **17**<br>AM Snack: Organic vanilla yogurt with acai<br><br>Lunch: Beef Meatballs with teriyaki sauce, white rice, and steamed broccoli<br>Vegetarian: seared tofu with teriyaki sauce, white rice and steamed broccoli<br>Dessert: Fresh Cut Fruit<br>Soup: Cream of zucchini<br><br>PM Snack: Fresh banana with whole wheat cracker | **18**<br>AM Snack: Egg salad with greek yogurt on naan bread<br><br>Lunch: whole grain pasta with a fresh herb pesto, grilled chicken bits, and steamed buttered peas<br>Vegetarian: whole grain pasta with a fresh herb pesto, and buttered peas<br>Dessert: Fresh Cut Fruit<br>Soup: Tomato Bisque<br><br>PM Snack: Fresh cut melon with string cheese | **19**<br>AM Snack: Strawberry yogurt with berries on top<br><br>Lunch: Roasted beef, roasted potatoes, and steamed zucchini and carrots<br>Vegetarian: Roasted lentil patties, roasted potatoes, and steamed zucchini and carrots<br>Dessert: Fresh Cut Fruit<br>Soup: Cream of corn<br><br>PM Snack: Organic whole grain bread with whipped guava cheese | **20**<br>AM Snack: Homemade biscuit with jam<br><br>Lunch: Fish Tacos!<br>Wild caught pollock fish sticks, tortillas, black bean salsa and cilantro rice<br>Vegetarian: Tofu sticks, tortillas, black bean salsa and cilantro rice<br>Dessert: Fresh Cut Fruit<br>Soup: Cream of spaghetti squash<br><br>PM Snack: Toddler friendly organic trail mix with dried yogurt (nut free) |
| **23**<br>AM Snack: Organic oat cereal with organic milk<br><br>Lunch: Sweet and sour meatballs with white rice and asian mix vegetables<br>Vegetarian: vegan meatballs, white rice and asian mix vegetables<br>Dessert: Fresh Cut Fruit<br>Soup: Cream of carrot and ginger<br><br>PM Snack: Fresh cut fruit salad and organic whole wheat cracker | **24**<br>AM Snack: Organic homemade cornbread<br><br>Lunch: Roasted turkey with gravy, wild rice, and buttered corn with asparagus<br>Vegetarian: Roasted squash, wild rice, with buttered corn and asparagus<br>Dessert: Fresh Cut Fruit<br>Soup: Cream of pumpkin<br><br>PM Snack: Organic vanilla yogurt with banana | **25**<br>**No School Teacher Planning Day** | **26**<br>**No School Thanksgiving Break** | **27**<br>**No School Thanksgiving Break** |
| **30**<br>AM Snack: Organic oat cereal with organic milk<br><br>Lunch: Ground turkey, saffron rice, side of peas and carrots<br>Vegetarian: Bbq beans, saffron rice, side of peas and carrots<br>Dessert: Fresh Cut Fruit<br>Soup: Cream of vegetables<br><br>PM Snack: Whole fresh banana with pretzels | | | | |