November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

MyPlate Recommends:
Choose your vegetables rich in color!
Brighten your plate with vegetables that are red, orange, or dark green!
They don't only taste great, but they're also good for you!

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Popcorn W/WG Roll Bean Salad Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 02	***NO SCHOOL☺*** 03	Chicken Tenders W/WG Roll Cucumber & Green Peppers Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 04	Cheese Pizza Spinach & Color Peppers Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 05	½ **Day** 06
Cheeseburger W/WG Bun Cucumber & Carrots Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 09	Chicken Nuggets W/WG Roll Bean Salad Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 10	Beef Hotdog W/WG Bun Baked Fries Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 11	Cheese Pizza Spinach & Color Peppers Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 12	½ **Day** 13
Chicken Patty W/WG Bun Sliced Lettuce & Tomato Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 16	Ground Beef W/Pasta & Spaghetti Sauce Steamed Mixed Vegetable Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 17	Chicken Nuggets W/WG Roll Baked Fries Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 18	½ **Day** 19	***NO SCHOOL☺*** 20
Beef & Beans Cheese WG Burrito Steamed Corn Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 23	Pizza Crunch Lettuce & Cherry tomatoes Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 24	***NO SCHOOL☺*** 25	***NO SCHOOL☺*** 26	***NO SCHOOL☺*** 27
Baked Chicken Tender W/WG Roll Pinto Beans W/ Tomato Sauce Assorted Fresh Fruits Flavored Fat-Free/ Unflavored 1% Milk 30				

NOOR INTERNATIONAL ACADEMY
PRE-K

This Institution is an equal opportunity provider.
All students are eligible for free school meals. Menu choices are subject to change.

School Information:
Our lunch consists of a serving of milk, fruits, vegetables, grains, & meat/ meat alternatives.
All students must have a serving of fruits or vegetables in their plate.
All grains are whole grain rich.
Fat-free unflavored, 1% unflavored, Fat-free unflavored milk

NOVEMBER 2026