Georgia Nutritional Services, Inc



November 2026



Harvest of the Month: Sweet Potatoes

	Monday 11/2/26	Tuesday 11/3/26	Wednesday 11/4/26	Thursday 11/5/26	Friday 11/6/26
AM SNACK					Banana Parfait
Meat/Meat Alternate	Grilled Cheese Sandwich	Mini Bagel	Wheat Toast	Boiled Egg	Low Sugar Yogurt
Grain/Grain Alternate	Wheat Bread	Diced Plums	Fruit Kabob	Blueberries	Sliced Banana
Vegetable or Fruit	Sliced Tomatoes		(melon, strawberries, cheese cubes)		
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH		National Sandwich Day			National Nachos Day
Meat/Meat Alternate	Ham Cubes	Savory Tuna Sandwich	Mini Beef Sliders	Skillet Pork Chops	Ground Turkey
Grain/Grain Alternate	Rotini Pasta	Croissant	Hawaiin Roll	Brown Rice	Whole Grain Tortilla Chips
Vegetable or Fruit	Oranges	Peaches	Green Apples	Sliced Apricots	Pico de Gallo
Vegetable	Baby Carrots	Sweet Peas	Crinkle Fries	Kale Salad	Honeydew Melon Strips
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER			National Roast Dinner Day		
Meat/Meat Alternate	Teriyaki Chicken	Chicken Nuggets	Pot Roast	Ground Beef Chili	(HM) Cheese Pizza
Grain/Grain Alternate	Egg Noodles	Whole Wheat Roll	Texas Toast Bread	Mini Biscuit	Pizza Crust
Vegetable or Fruit	Pineapple Chunks	Strawberries	Creamed Spinach	Sliced Peaches	Grapes (cut accordingly to age)
Vegetable	Stir Fry Vegetables	Zucchini	Baby Potatoes	Sweet Potato Fries	California Blend Veggies
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain

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	Monday 11/9/26	Tuesday 11/10/26	Wednesday 11/11/26	Thursday 11/12/26	Friday 11/13/26
AM SNACK					
Meat/Meat Alternate	Mini Croissants	Whole Grain Tortilla Chips	Cheese Toast	Biscuit Halves	Pretzel Sticks
Grain/Grain Alternate	Cantaloupes	Guacamole Dip	Tater Tots	Orange Juice	Chickpea Hummus
Vegetable or Fruit					
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**
LUNCH		CACFP Taco Tuesday			Breakfast for Lunch
Meat/Meat Alternate	Savory Tuna	Beef & Cheese	Grilled Chicken Tenders	Smoked BBQ Pork	Sausage Patties
Grain/Grain Alternate	Sub Roll	Soft Taco	Wheat Roll	Hoagie Bread	Mini Pancakes
Vegetable or Fruit	Fruit Cocktail	Plums	Watermelon Chunks	Pears	Blueberries
Vegetable	Green Beans	Black Bean Soup	Seasoned Acorn Squash	Baked Beans	Hashbrowns
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**
DINNER					
Meat/Meat Alternate	Turkey Burger	Philly Cheese Steak	Fish Sticks	Baked Cod	Xtra Cheese Flatbread
Grain/Grain Alternate	Multi Grain Bun	Sub Roll	Rice Pilaf	Linguine Butter Pasta	Flatbread
Vegetable or Fruit	Raspberries	Sliced Peaches	Grapes (cut appropriately)	Sliced Apricots	Fruit Cocktail
Vegetable	Corn on the Cob	Broccoli w/Cheese	Roasted Brussels Sprouts	Tossed Salad	Sweet Peas
Fluid Milk	* Milk	* Milk	* Milk	* Milk	* Milk
	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**

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Harvest of the Month: Sweet Potatoes

	Monday 11/16/26	Tuesday 11/17/26	Wednesday 11/18/26	Thursday 11/19/26	Friday 11/20/26
AM SNACK					
Meat/Meat Alternate	Cheddar Cheese Cubes	Canadian Bacon (CN/PFS)	Peanut/Wow/Soy Butter	Chex Cereal	Egg Salad
Grain/Grain Alternate	Ritz Crackers	French Toast Sticks	Pita Triangles	Sliced Strawberries	Wheat Bread
Vegetable or Fruit					
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**
LUNCH					
Meat/Meat Alternate	Popcorn Chicken	Beef Stir Fry	Fish Sticks	Sunny Lemon Chicken	Stuffed Bell Peppers with Ground Beef
Grain/Grain Alternate	Fried Rice	LoMein Noodles	Wild Rice	Wheat Roll	Brown Rice (on the side)
Vegetable or Fruit	Fruit Cocktail	Blackberries	Honeydew Melon Chunks	Plums	Peaches
Vegetable	Peas & Carrots	Garlic Broccoli	Steamed Asparagus	Maple Roasted Sweet Potatoes	Red and Green Peppers
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	**Whole Grain**
DINNER					
Meat/Meat Alternate	Savory Red Beans	Turkey Burger	3 Cheese Pasta	Baked Beef Sticks	Tuna Salad Sandwich
Grain/Grain Alternate	Cornbread	Hamburger Bread	Tortellini	Wheat Roll	Croissant
Vegetable or Fruit	Pineapple Rings	Sliced Plums	Sliced Apricots	Pears	Mango Strips
Vegetable	Baked Okra	Sweet Potato French Fries	Sauteed Zucchini	Red Cabbage	Mini Corn on the Cob
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**

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HAPPY THANKSGIVING WEEK



November 2026

	Monday 11/23/26	Tuesday 11/24/26	Wednesday 11/25/26	Thursday 11/26/26	Friday 11/27/26
AM SNACK	Veggie Omelet			**HAPPY THANKSGIVING**	
Meat/Meat Alternate	Eggs	Cream of Wheat	Waffles	Deviled Eggs	French Toast
Grain/Grain Alternate	Spinach & Tomato	Pumpkin Applesauce	Apricots	Spicy Fruit Cup (nutmeg & cinnamon)	Cranberry Applesauce
Vegetable or Fruit					
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**
LUNCH	Chicken & Waffle Remix			**HAPPY THANKSGIVING**	Savory Waffle-Wich
Meat/Meat Alternate	Baked Chicken Strips	Cheesy Tuna Explosion Melt	Turkey & Kidney Bean Chili	Roasted Turkey w/Gravy	Turkey & Cheese Hot Sandwich
Grain/Grain Alternate	Waffle Triangles	Wheat Bread	Breadstick	Cornbread	Waffle
Vegetable or Fruit	Blueberries	Raspberries	Cutie Oranges	Baked Apples	Sliced Peaches
Vegetable	Cajun Green Beans	Peas & Carrots	Caesar Salad	Maple Mashed Sweet Potato	Sweet Potato Fries
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
TWO COMPONENTS	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**
DINNER				**HAPPY THANKSGIVING**	
Meat/Meat Alternate	Beef Meatball Sub	Baked Chicken	Round Steak Bites	HOMEMADE MACARONI & CHEESE	Grilled Cheddar Cheese
Grain/Grain Alternate	Sub Roll	White Rice	Wheat Roll	Macaroni Pasta	Sourdogh Bread
Vegetable or Fruit	Pineapple Strips	Honeydew Melon Chunks	Sliced Mango	Orange Glazed Carrots	Sliced Cantaloupe
Vegetable	Sauteed Asparagus	Baked Acorn Squash	Cabbage	Baked Zucchini	Roasted Tomato Soup
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**	☐ **Whole Grain**

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	Monday 11/30/26				
AM SNACK **Meat/Meat Alternate** **Grain/Grain Alternate** **Vegetable or Fruit** **Fluid Milk**	Frosted Mini Wheat 100% Grape Juice Water				
TWO COMPONENTS	☐ **Whole Grain**	☐	☐	☐	☐
LUNCH **Meat/Meat Alternate** **Grain/Grain Alternate** **Vegetable or Fruit** **Vegetable** **Fluid Milk**	Julia's Beefy Macaroni Recipe Link Ground Beef Macaroni Strawberries Tossed Salad *Milk				
	☐ **Whole Grain**	☐	☐	☐	☐
DINNER **Meat/Meat Alternate** **Grain/Grain Alternate** **Vegetable or Fruit** **Vegetable** **Fluid Milk**	Chicken Nuggets Sweet Roll Sliced Mango Broccoli Salad *Milk				
	☐ **Whole Grain**	☐	☐	☐	☐

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