

NOVEMBER 2025

TASTY

HEALTHY

FUN

VARIETY

BALANCED

Name of the menu : North Metro Flex Academy Lunch Menu

Grade : K-8 Grades

Meal Pattern : NSLP

Meal : Lunch

	Monday, 11/3/2025	Tuesday, 11/4/2025	Wednesday, 11/5/2025	Thursday, 11/6/2025	Friday, 11/7/2025
Week III HOT MEAL	Premium Chicken Patty Sandwich	Brunch Lunch	Roasted Sliced Beef on Flatbread	Sweet & Sour Chicken	Fresh Hot Delivered Pizza
	WG Bun, Ketchup	Buttermilk Pancakes w/ Syrup	Shredded Philly Style Beef, Lime Slaw & Shred Swiss Cheese on Flatbread	Steamed Seasoned Rice	Salad Greens & Dressing
	CKC Baked Beans	Colby Cheese Omelet	Steamed Corn	Crisp Broccoli, Carrot Slims & Dip	Fresh Cut Apple Wedges
	Celery Sticks & Dip	Baby Carrots & Dip	Banana	Fresh Honeydew Chunks	Choice Milk
	Fruit Cup & Choice Milk	Fresh Orange & Choice Milk	Choice Milk	Choice Milk	Yahoo! Special Chips Day! Nacho Cheese Doritos
	Monday, 11/10/2025	Tuesday, 11/11/2025	Wednesday, 11/12/2025	Thursday, 11/13/2025	Friday, 11/14/2025
Week IV HOT MEAL	Premium Chicken Nuggets	Cheeseburger	Alfredo Penne	Pulled Chicken Taco	Fresh Hot Delivered Pizza
	Mix or Match Sauce Ketchup & Lime Mayo	Bun, Chz Slice, Ketchup & Mayo	Sliced Cucumbers & Dip	Seasoned Pulled Chicken Taco, WG Tortilla	Caesar Salad (Fresh Greens, Croutons, Cheese & Caesar Dressing)
	Carrot Slims & Dip	Potato Smiles	Bananas	Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Crema	Fresh Cut Apple Wedges
	Fruit Cup	Fresh Orange	Choice Milk	Cheesy Refried Beans	Choice Milk
	WG Roll & Choice Milk	Choice Milk	Woohoo! Special Treat Day! Confetti Cookie	Fresh Honeydew Chunks & Choice Milk	
	Monday, 11/17/2025	Tuesday, 11/18/2025	Wednesday, 11/19/2025	Thursday, 11/20/2025	Friday, 11/21/2025
Week V HOT MEAL	Crispy Chicken Tenders	Macaroni Pasta w/ Spaghetti Meatballs	Mandarin Orange Chicken	Premium Corn Dog	Fresh Hot Delivered Pizza
	Ketchup	Marinara Meatballs served with WG Buttered Macaroni	Veggie Fried Rice	WG Chicken Corn Dog Served with Ketchup	Crisp Broccoli Florets
	Potato Stix w/ Ketchup	Top with Shred Mozzarella (Served on side)	Salad Greens & Dressing	CKC Baked Beans	Fresh Cut Apple Wedges
	WG Dinner Roll & Carrot Slims	Celery Sticks, Carrots & Dip	Banana	Fresh Honeydew Chunks Cubes & Choice Milk	Choice Milk
	Fruit Cup & Choice Milk	Fresh Orange & Choice Milk	Choice Milk	Hooray! Special Chips Day! Cool Ranch Doritos	
	Monday, 11/24/2025	Tuesday, 11/25/2025	Wednesday, 11/26/2025	Thursday, 11/27/2025	Friday, 11/28/2025
Week VI HOT MEAL	Pop-Chicken Bowl	Classic Hamburger	Chicken & Egg Fried Rice	Walking Taco	Fresh Hot Delivered Pizza
	Popcorn Chicken w/ Ketchup	WG Bun, Pickles & Ketchup	Roasted Broccoli & Cauliflower Medley	Nacho Doritos, Seasoned Beef Taco	Greens Salad & Dressing
	Mashed Potatoes	Carrot Slims & Dip	Banana	Fill with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa	Fresh Cut Apple Wedges
	WG Roll & Celery Sticks	Fresh Orange & Choice Milk	Choice Milk	Cheesy Refried Beans	Choice Milk
	Fruit Cup & Choice Milk	Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie		Fresh Honeydew Chunks & Choice Milk	

Skim & 1% milk served daily.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.

This menu is 100% pork-free.

The Power of Fruits in School Meals

From fresh and frozen to canned, dried and 100% juice, all forms of fruit have a place on our school meal menus. Whether it's enjoying a juicy water melon at lunch or enjoying a handful of raisins as a snack, every fruit choice contributes to one's overall health and well-being. Fruit is packed with essential vitamins, minerals and antioxidants that promote overall health and well-being. Whether it's the vitamin C boost from citrus fruits, the potassium-rich goodness of bananas or the fiber-packed sweetness of apples, each fruit offers its unique nutritional benefits. By incorporating a variety of fruits into our school meals, we provide students with a range of nutrients to help them thrive both in and out of the classroom.

WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)					DECEMBER 2025				
TASTY		HEALTHY		FUN		VARIETY		BALANCED	
Monday, 12/1/2025		Tuesday, 12/2/2025		Wednesday, 12/3/2025		Thursday, 12/4/2025		Friday, 12/5/2025	
Week I HOT MEAL	Roasted Chicken Drumstick	Brunch Lunch		Beef Pretzel Dog		Asian Chicken Dumplings		Fresh Hot Delivered Pizza	
	Mashed Potatoes	French Toast Sticks w/ Syrup PC		Served with Ketchup		Teriyaki Dip		Sliced Cucumbers & Dip	
	Celery Sticks	Baby Carrots w/ Ranch		CKC Baked Beans & Cucumbers		Crisp Broccoli w/ Dip		Fresh Cut Apple Wedges	
	Fruit Cup	Fresh Orange		Banana & Choice Milk		Fresh Honeydew Chunks		Choice Milk	
	WG Roll & Choice Milk	Choice Milk		Yahoo! Special Chips Day! Baked Cheetos		Choice Milk			
Monday, 12/8/2025		Tuesday, 12/9/2025		Wednesday, 12/10/2025		Thursday, 12/11/2025		Friday, 12/12/2025	
Week II HOT MEAL	All Beef Hot Dog	Twin Faves Day		Beef Taco		Chicken Tender Shack		Fresh Hot Delivered Pizza	
	Hot Dog Bun, Ketchup & Mustard	Chicken Nuggets w/ Ketchup		Seasoned Beef Taco, WG Tortilla		Chicken Tenders, WG Bun & Coleslaw		Paired with Chopped Italian Salad	
	Steamed Corn	Creamy Mac & Cheese		Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Salsa		Enjoy as a sandwich or savor the tenders solo with the ketchup(served with the meal)		(Romaine, Shred Carrots & Grape Tomatoes with Italian Dressing)	
	Fruit Cup & Choice Milk	Celery & Carrots		Cheesy Refried Beans		Sliced Cucumbers w/ Dip		Fresh Cut Apple Wedges	
	Hooray! Special Chips Day! Cool Ranch Doritos	Fresh Orange & Choice Milk		Banana & Choice Milk		Fresh Honeydew Chunks & Choice Milk		Choice Milk	