





SPECIAL DIET MENU-NOVEMBER 2025 BREAKFAST for FCPS

Choose 1 Entrée (Donut & Cereal offered daily) -Choose 1 or 2 Fruit & 100% Fruit juice-Choose 1 Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO SCHOOL	4 NO SCHOOL	5 Katz Donut Gluten-free, Dairy-free, Soy-free, Nut-free, AG	6 Turkey Bacon Gluten-free, Dairy-free, Soy-free, Nut-free, AG Schar Bun Gluten-free, Dairy-free, AG	7 Katz Muffin Gluten-free, Dairy-free, Soy-free, Nut-free, AG
10 Sausage Patty Gluten-free, Dairy-free, Soy-free, Nut-free Schar Bun Gluten-free, Dairy-free, AG	11 Lucky Charms Cereal Gluten-free, Dairy-free, Soy-free, Nut-free	12 Egg Patty Gluten-free, Soy-free, Nut-free Schar Bun Gluten-free, Dairy-free, AG	13 Berries & Cream Overnight Oatmeal Gluten-free, Soy-free, Nut-free	14 Katz Donut Gluten-free, Dairy-free, Soy-free, Nut-free, AG
17 Katz Strawberry PopTart Gluten-free, Dairy-free, Soy-free, Nut-free, AG	18 Turkey Bacon Gluten-free, Dairy-free, Soy-free, Nut-free, AG Schar Bun Gluten-free, Dairy-free, AG	19 Katz Cinnamon Roll Gluten-free, Dairy-free, Soy-free, Nut-free, AG	20 Egg Patty Gluten-free, Soy-free, Nut-free Schar Bun Gluten-free, Dairy-free, AG	21 Katz Donut Gluten-free, Dairy-free, Soy-free, Nut-free, AG
24 Sausage Patty Gluten-free, Dairy-free, Soy-free, Nut-free Schar Bun Gluten-free, Dairy-free, AG	25 Katz Muffin Gluten-free, Dairy-free, Soy-free, Nut-free, AG	26  Thanksgiving Break No School	27  Thanksgiving Break No School	28  Thanksgiving Break No School

SPECIAL DIET MENU-NOVEMBER 2025 LUNCH for FCPS

Choose 1 Entrée (Meat & Grain)-Choose 1 or 2 Vegetables-*Choose 1 Fruit -Choose 1 Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO SCHOOL	4 	5 Hot Dog Gluten-free, Dairy-free, Soy-free, Nut-free Schar Bun Gluten-free, Dairy-free, AG Baked Beans Gluten-free, Dairy-free, Soy-free, Nut-free, AG-VEGAN Corn Gluten-Free	6 Still Riding Pizza Gluten-free, Dairy-free, Soy-free, AG, Vegan Greek Salad Gluten-free, AG Baby Carrots NO ALLERGENS	7 Natures Promise Chicken Nuggets Gluten-free, Dairy-free, Nut-free, AG French Fries Gluten-free, Dairy-free, Nut-free, AG Broccoli Salad Gluten-free
10 Still Riding Pizza Gluten-free, Dairy-free, Soy-free, AG, Vegan Corn Gluten-free, Dairy-free, Nut-free, AG, Vegan Caesar Salad Gluten-free, Soy-free, Nut-free, AG	11 Diced Chicken Gluten-free, Dairy-free, Soy-free, AG w/ teriyaki sauce Dairy-free, Nut-free, AG Vegetable Egg Roll Dairy-free, Soy-free, Nut-free Broccoli Gluten-free, Dairy-free, Soy-free, Nut-free, AG, Vegan	12 Hamburger Patty Gluten-free, Dairy-free, Soy-free Schar Bun Gluten-free, Dairy-free, AG Baked Beans Gluten-free, Dairy-free, Soy-free, Nut-free, AG-Vegan Red Pepper Strips No Allergens Ranch dip Gluten-free, Soy-free, AG No Allergens Ranch dip Gluten-free, Soy-free, AG	13 Natures Promise Chicken Nuggets Gluten-free, Dairy-free, Nut-free, AG Mashed Potatoes Gluten-free, Nut-free, AG Grape Tomatoes	14 BREAKFAST AT LUNCH Sausage Patty Gluten-free, Dairy-free, Soy-free, Nut-free Vans Waffles Gluten-free, Dairy-free, Soy-free, Nut-free, AG Tator Tots Gluten-free, Dairy-free, Nut-free, AG Veggie Juice NO ALLERGENS

17 Natures Promise Chicken Nuggets Gluten-free, Dairy-free, Nut-free, AG French Fries Gluten-free, Dairy-free, Nut-free, AG Baby Carrots NO ALLERGENS Ranch dip Gluten-free, Soy-free, AG	18 Still Riding Pizza Gluten-free, Dairy-free, Soy-free, AG, Vegan Winter Squash No Allergens Tossed Salad No Allergens	19 Diced Chicken Alfredo Sauce Gluten-free , AG Sweet Potatoes w/ Marshmallow Gluten-free, Dairy-free, Nut-free Broccoli Gluten-free, Dairy-free, Soy-free, Nut-free, AG, Vegan	20 Hot Dog Gluten-free, Dairy-free, Soy-free, Nut-free Schar Bun Gluten-free, Dairy-free, AG Baked Beans Gluten-free, Dairy-free, Soy-free, Nut-free, AG-Vegan Sliced Cucumbers Ranch dip Gluten-free, Soy-free, AG	21 Hamburger Patty Gluten-free, Dairy-free, Soy-free Schar Bun Gluten-free, Dairy-free, AG French Fries Gluten-free, Dairy-free, Nut-free, AG Green Beans Gluten-free, Dairy-free, Nut-free- AG,
24 Natures Promise Chicken Nuggets Gluten-free, Dairy-free, Nut-free, AG Mashed Potatoes Gluten-free, Soy-Free, Nut-free Green Beans Gluten-free, Dairy-free, Nut-free- AG	25 Chicken Taco Salad (no seasoning) White Nacho Doritos Gluten-free, Soy-Free, Nut-free, AG Salsa NO ALLERGENS Fiesta Beans NO ALLERGENS Corn Gluten-Free	26 	27 	28 

* 100% Juice or Juice cups are not served to PreK students during breakfast *At least 80% of grains offered weekly are whole grain rich

*Pizza served daily at FMS

*Chicken Sandwiches & Assorted Deli Sandwiches served daily at FCHS *FCHS may choose 1 or 2 fruits