aramark STUDENT NUTRITION

Wayne-Westland COMMUNITY SCHOOLS

Elliott, Hamilton, Hicks, Roosevelt, & Taft Elementary Schools

Check out the delicious selections featured on November's FFVP!



NOVEMBER 2026

Menus are subject to change

Vegetarian entrées are written in green

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Dannon Vanilla Yogurt w/ Animal Crackers & Apple Slices A. Pepperoni Bosco Sticks B. Sloppy Joe on a Bun C. Three Cheese Wrap Corn	**3** No School	**4** Glazed Donut & Applesauce A. Chicken Tenders w/ a Breadstick B. Top your own yogurt bar C. Three Cheese Wrap Peas & Carrots	**5** Apple Frudel w/ a Banana A. Cheese Calzone B. Corn Dogs C. Three Cheese Wrap Mixed Veggies	**6** Tiger Bite Graham Crackers w/ Sting Cheese & Diced Peaches A. French Toast Sticks w a Yogurt B. Spicy Chicken Patty Sandwich C. Three Cheese Wrap Hash Brown
9 Breakfast Bread w/ Apple Slices A. Mac & Cheese w/ a Garlic Knot B. Popcorn Chicken w Cheez-its C. Pretzel, Yogurt & Cheese Pack Baked Beans	**10** Strawberry Cream Cheese Bagel w/ 100% Fruit Juice A. Domino's Pepperoni Pizza B. Domino's Cheese Pizza C. Pretzel, Yogurt & Cheese Pack Side Salad	**11** Cinnamon Toast Crunch Cereal Bar & Applesauce A. Chicken Nuggets & Goldfish B. Cheese Pizzadilla C. Pretzel, Yogurt & Cheese Pack Green Beans	**12** Whole Grain Muffin w/ a Banana A. Walking Tacos w/ Doritos B. Bean & Cheese Burrito C. Pretzel, Yogurt & Cheese Pack Corn	**13** Mini Maple Pancakes w/ Sour Blue Raspberry Raisins A. Hamburger on a Bun B. Hot Dog on a Bun C. Pretzel, Yogurt & Cheese Pack Potato Wedges
16 Apple Nutri-grain Bar w/ Apple Slices A. Crispy Chicken Drumstick B. Grilled Cheese C. Turkey Wrap Mashed Potatoes	**17** Oatmeal Cinnamon Round w/ 100% Fruit Juice A. Domino's Pepperoni Pizza B. Domino's Cheese Pizza C. Turkey & Cheese Wrap Side Salad	**18** Cinnamon Breakfast Bun w/ Applesauce Cook's Choice	**19** Scooby Graham Cracker Snacks w/ String Cheese & a Banana A. Cheese Bread B. Alfredo w/ a Roll C. Turkey & Cheese Wrap Sweet Peas	**20** Cherry Coco Bar Sour Blue Raspberry Raisins Half Day of School
23 Oatmeal Chocolate Chip Round w/ Apple Slices A. Friendsgiving – Turkey, Mashed Potatoes, & an Apple Cider Donut B. Muffin, String Cheese & Yogurt Pack Corn	**24** French Toast Benefit Bar w/ 100% Fruit Juice A. Dominos Pepperoni Pizza B. Domino's Cheese Pizza C. Muffin, String Cheese & Yogurt Pack Side Salad	**25** Thanksgiving Break No School	**26**	**27**
30 2 Pop-tarts w/ Applesauce A. Bosco Sticks w/ Sauce B. Taco crisp C. Apple, Cheese Cubes & Cheez-its Pack Green Beans	Follow us on Instagram to see the fun and exciting things we are bringing to our school cafeteria's		**Special Dates:** 11/ 4 National Parfait Day 11/10 Apple Cider Day 11/23 Friendsgiving 11/24 Special Treat	

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JOIN THE PROTEIN PRO-TEAM!

PROTEIN HELPS YOU GROW UP STRONG!

Kids need protein because it acts as a building block for body growth, repairing tissues, and developing muscle and body systems. Foods like chicken, beef, fish, eggs, beans, and nuts (and many more!) support the immune system, assist brain development, and provide energy!

MINI BREAKFAST FRITTATAS

PREP TIME: 10 minutes
COOK TIME: 15-20 minutes
SERVINGS: 12

INGREDIENTS:

- 6 large eggs
- ¼ cup milk
- Salt and pepper to taste
- Your choice of mix-ins like baby spinach, bell peppers, mushrooms, cooked ham/turkey, or shredded cheese

*DO NOT chop or cook without adult supervision.

INSTRUCTIONS:

1. Whisk eggs and milk in a bowl
2. Sprinkle on salt and pepper
3. Stir in mix-ins, combine well
4. Pour into greased muffin tins (filling about ⅔ full)
5. Bake at 350°F (175°C) for 15-20 minutes, or until set and lightly golden
6. Let cool slightly, then dig in!

FLAVOR VARIATIONS:

- Spinach & Feta
- Veggie & Cheese
- Ham & Bell Pepper
- Mushroom & Swiss
- Your own creation!

PROTEIN POWER

FIND AND CIRCLE THE WORDS BELOW!

TURKEY, BEANS, ~~EGGS~~, NUTS, FISH, YOGURT, BEEF, CHEESE, LENTILS, TOFU, PORK, CHICKEN

M	D	Z	V	Q	J	U	Y	C	E	L	B
T	N	J	B	L	I	X	G	P	B	E	C
U	B	U	O	H	T	E	O	E	W	S	H
R	T	E	T	F	B	R	E	L	Z	E	I
K	C	M	A	S	K	F	U	F	J	E	C
E	Q	U	C	N	U	W	U	G	H	H	K
Y	E	G	G	S	S	F	G	Y	O	C	E
H	S	I	F	H	O	M	D	C	E	Y	N
Y	L	T	F	T	L	E	N	T	I	L	S
G	X	M	Y	U	B	V	P	R	Q	S	G

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PROTEIN PASSPORT

What You Need:

- A small booklet or folded sheets of paper
- Crayons, markers, or colored pencils

Pages to Create:

1. Favorite animal protein (chicken, pork, beef, fish, etc.)
2. Favorite plant protein (beans, tofu, etc.)
3. New protein to try (shrimp, bison, swordfish, etc.)
4. Favorite protein meal (main dish and sides)

- Share your passport with a parent and have then initial (or "stamp") each page when you enjoy that protein or meal.

DAIRY RIDDLES FOR KIDS

1. I swim, have protein, and help your brain, too. *What am I?*
   Answer: Fish
2. I'm a plant protein that can be smooth or crunchy—enjoy me on a sandwich with jelly! *What am I?*
   Answer: Peanut Butter
3. Varieties of me include kidney, pinto, and navy, and I help muscles grow. *What am I?*
   Answer: Bean

FRESH FUNNIES

Q: Why did the egg go to the gym early?
A: For an eggs-tra long workout!

Q: Why was the chicken invited to join a band?
A: He had his own drumsticks!

Q: What do cows use in their text messages?
A: E-MOO-jis!

Q: What is a bean's favorite musical instrument?
A: The bean-jo!

