

Menus for November 2025

CNMI Public School System, Child Nutrition Program

USDA is an equal opportunity provider and employer. Menus are subject to change.

Monday, November 3

Breakfast
Assorted Cereal
Fruit

Lunch
Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fresh Fruit

Tuesday, November 4
Citizenship Day
No Public School

Breakfast
Garlic Fried Rice w/
Chicken Nuggets
Fresh Fruit

Lunch
Chicken Burger
Green Salad w/ Cucumber
Carrots w/ Dressing
Fresh Fruit

Wed., November 5

Breakfast
Mac & Cheese 2.0
Fresh Fruit/Fruit Smoothie

Lunch
Pork Curry
Steamed Rice
Potatoes & Carrots
Fresh Fruit

Secondary Second Choice
Buffalo Chicken Sliders on
WGR Dinner Roll
Corn Succotash
Fresh Fruit

Thursday, November 6

Breakfast
Ham & Egg Scramble
Steamed Rice
Fresh Fruit/Fruit Smoothie

Lunch
Pepperoni Pizza
Broccoli
Spanish Chickpeas
Fresh Fruit

Secondary Second Choice
Chicken Ceasar Salad
WGR Garlic Bread & Croutons
Spanish Chickpeas
Fresh Fruit

Friday, November 7

Breakfast
Pancakes w/ Syrup
Bacon
Fruit

Lunch
Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Flavored Milk
Fresh Fruit

Secondary Second Choice
Kimchee Fried Rice
w/ Chicken Bowl
Pumpkin & Local Vegetables
Fresh Fruit

Monday, November 10

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Teriyaki
Steamed Rice
Garlic Pacific Blend Vegetables
Fresh Fruit

Tuesday, November 11
Veteran's Day
No Public School

Breakfast
Fried Rice w/ Portuguese Sausage
Fresh Fruit

Lunch
Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Taco Seasoned Lentils
Fresh Fruit

Wed., November 12

Breakfast
Grilled Cheese
Fresh Fruit/Fruit Smoothie

Lunch
Beef Bulgogi
Broccoli
Carrots
Steamed Rice
Fresh Fruit

Secondary Second Choice
Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fresh Fruit

Thursday, November 13

Breakfast
Apple Cinnamon Pan Pancakes
Bacon
Fresh Fruit/Fruit Smoothie

Lunch
Spaghetti Bolognese
WGR Roll
Green Salad w/ Tomatoes
& Dressing
Fresh Fruit

Secondary Second Choice
Taco Salad
Taco Meat
WGR Tortilla Chips
Fresh Fruit

Friday, November 14

Breakfast
French Toast w/ Syrup
Sausage
Fruit

Lunch
Kung Pao Chicken 2.0
Steamed Rice
Sesame Broccoli
Local Vegetables
Flavored Milk
Fresh Fruit

Secondary Second Choice
Beef & Broccoli
Steamed Rice
Local Vegetables
Fresh Fruit

OUR NATION'S HISTORY



In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.

WITH LIBERTY & JUSTICE FOR ALL

Season's Gr(EAT)ings.

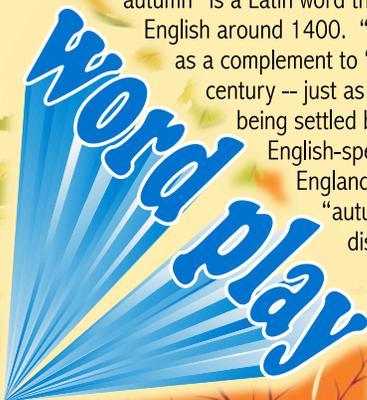
Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Until about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use as a complement to "spring" in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with "autumn" while their distant cousins preferred "fall." And that's why, to this day, this is the only season we have two words for!



Default fruit.



What's on **YOUR** plate?



There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has "berry" right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly 1/4 cup contains 6 teaspoons of sugar. That's an entire day's worth!



TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

Monday, November 17

Breakfast
Assorted Cereal
Fruit

Lunch
Breaded Chicken w/ Gravy
Mashed Potatoes
Corn
WGR Dinner Roll
Fresh Fruit

Tuesday, November 18

Breakfast
Sausage
Steamed Rice
Fresh Fruit/Fruit Smoothie

Lunch
Sub Sandwich on WGR Bun
Green Salad w/ Tomatoes & Dressing
Italian Bean Salad
Fresh Fruit

Secondary Second Choice
Chef Salad
Ham & Boiled Egg
WGR Cheesy Roll
Italian Bean Salad
Fresh Fruit

Wed., November 19

Breakfast
Toasted Ham & Cheese
Fresh Fruit/Fruit Smoothie

Lunch
Pork Ginger
Steamed Rice
Sesame Broccoli & Carrots
Fresh Fruit

Secondary Second Choice
Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fresh Fruit

Thursday, November 20

Breakfast
Garlic Fried Rice
w/ Chicken Nuggets
Fresh Fruit/Fruit Smoothie

Lunch
Chicken Alfredo Penne Pasta
Lemon Garlic Cauliflower & Carrots
Fresh Fruit

Secondary Second Choice
Chef Salad
Ham & Boiled Egg
WGR Cheesy Roll
Fresh Fruit

Friday, November 21

Breakfast
Pancakes w/ Syrup
Bacon
Fruit

Lunch
BBQ Chicken
Red Rice
Local Vegetables & Corn
Flavored Milk
Fresh Fruit

Secondary Second Choice
Creole Fish Sandwich w/
Spicy Remoulade Sauce
Corn & Local Vegetables
Fresh Fruit

Monday, November 24

Breakfast
Assorted Cereal
Fruit

Lunch
Honey Garlic Chicken Stir Fry
Steamed Rice
Carrots
Broccoli
Fresh Fruit

Tuesday, November 25

Breakfast
Grilled Ham
w/ Fried Rice
Fresh Fruit/Fruit Smoothie

Lunch
Sloppy Joes
Sweet Potato Fries
Taco Seasoned Lentils
Fresh Fruit

Secondary Second Choice
Taco Salad
Taco Meat
WGR Tortilla Chips
Taco Seasoned Lentils
Fresh Fruit

Wed., November 26

Education Day

Breakfast
Fried Rice w/
Portuguese Sausage
Fresh Fruit/Fruit Smoothie

Lunch
Turkey & Gravy
WGR Roll
Mashed Potatoes
Corn
Fresh Fruit

Secondary Second Choice
Chicken Nuggets w/ Dipping Sauce
Seasoned Potato Wedges
Honey Ginger Green Beans
WGR Dinner Roll
Fresh Fruit

Thanks giving

ENJOY YOUR HOLIDAY!

SEE YOU MONDAY!

Yellow Watermelon?!

How about purple carrots?
White Asparagus? Pink bananas?
Blue corn?
Black tomatoes?!!!
Lots of fruits and veggies
come in colors you
might not be used to.
But they're still
delicious and good for you!