# KIPP: TROY PREP MIDDLE SCHOOL

## BREAKFAST

## NOVEMBER 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2 Apple Frudel<br>Fresh/ Cupped Fruit<br>Chilled Milk | 3 French Toast Bites<br>Fresh Fruit/ Fruit Juice<br>Chilled Milk | 4 Bagel & Cream Cheese<br>Fresh/Cupped Fruit<br>Chilled Milk | 5 Turkey Sausage & Eggs<br>Fresh Fruit/Fruit Juice<br>Chilled Milk | 6 Warm Corn Muffin<br>Fresh/Cupped Fruit<br>Chilled Milk |
| 9 Strawberry Bagel Bites<br>Fresh/Cupped Fruit<br>Chilled Milk | 10 Three Cheese Egg Bites<br>Fresh Fruit/Fruit Juice<br>Chilled Milk | 11 No School<br>Veteran's Day Observed | 12 Warm Croissant with Butter & Jelly<br>Fresh Fruit/Fruit Juice<br>Chilled Milk | 13 Warm Blueberry Muffin<br>Fresh/Cupped Fruit<br>Chilled Milk |
| 16 Yogurt Cup & Granola<br>Fresh/Cupped Fruit<br>Chilled Milk | 17 Mini Waffles<br>Fresh Fruit/Fruit Juice<br>Chilled Milk | 18 Cheese Omelet<br>Fresh/Cupped Fruit<br>Chilled Milk | 19 Bagel with Butter & Jelly<br>Fresh Fruit/ Fruit Juice<br>Chilled Milk | 20 Warm Apple Muffin<br>Fresh/Cupped Fruit<br>Chilled Milk |
| 23 Cinnamon Swirl<br>Fresh/Cupped Fruit<br>Chilled Milk | 24 Turkey Sausage Biscuit & Hash Browns<br>Fresh Fruit/Fruit Juice<br>Chilled Milk | 25 No School<br>Thanksgiving Break | 26 No School<br>Thanksgiving Break | 27 No School<br>Thanksgiving Break |
| 30 Banana Chocolate Oatmeal Round<br>Fresh/Cupped Fruit<br>Chilled Milk | | | | |

### ALLERGY ALERT

**IMPORTANT INFORMATION**

**If your child has an allergy, please notify the school nurse. All allergies must be documented by a health care professional.**

- Menu subject to change without notice. A variety of fresh fruit is offered daily.
- An 8 oz. milk is offered with each meal. Whole white, 1% white, Lactaid and soy are offered at breakfast.
- Cereal and graham crackers are offered daily.

USDA is an equal opportunity provider, employer and lender.

**Questions? Contact Food Service Director Cindy Yonkers 518-360-6152**

# KIPP: TROY PREP MIDDLE SCHOOL

## LUNCH

## NOVEMBER 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2 Cheesy Breadsticks with Sauce<br>Seasoned Carrots<br>Diced Peaches<br>Chilled Milk | 3 BBQ Chicken on a Bun<br>Oven Baked Fries<br>Fresh Apple<br>Chilled Milk | 4 Popcorn Chicken<br>Ranch Chopped Salad<br>Banana<br>Chilled Milk | 5 Chicken Chili with Cornbread<br>Pinto Beans<br>Fresh Orange<br>Chilled Milk | 6 Crispy Chicken Sandwich<br>Celery Sticks<br>Mixed Fruit<br>Chilled Milk |
| 9 Meatballs & Sauce<br>Garlic Breadstick<br>Yummy Corn<br>Diced Pears<br>Chilled Milk | 10 Chicken Shawarma w/ Flatbread & Tzatziki<br>Lettuce & Pickles<br>Fresh Apple<br>Chilled Milk | 11 No School<br>Veteran's Day<br>Obsereved | 12 Beef Hot Dog on a Bun<br>Broccoli Dunkers<br>Apple Slices<br>Chilled Milk | 13 French Bread Pizza<br>Carrotinis<br>Diced Pears<br>Chilled Milk |
| 16 Mozzerella Sticks with Sauce<br>Italian Mixed Vegetables<br>Applesauce Cup<br>Chilled Milk | 17 Crispy Chicken Harvest Bowl<br>Mashed Potatoes & Corn<br>Fresh Apple<br>Chilled Milk | 18 Chicken Fajitas/ Wrap<br>Cajun Red Beans<br>Mixed Fruit<br>Chilled Milk | 19 Hamburger on a Bun<br>Cherry Tomatoes<br>Banana<br>Chilled Milk | 20 Chicken Corn Dog<br>Broccoli Dunkers<br>Mandarin Oranges<br>Chilled Milk |
| 23 Chicken Nuggets<br>Grandma's Sweet Potatoes<br>Pineapple Tidbits<br>Chilled Milk | 24 Jamaican Beef Patty with Cheese<br>Mixed Vegetables<br>Diced Peaches<br>Chilled Milk | 25 No School<br>Thanksgiving Break | 26 No School<br>Thanksgiving Break | 27 No School<br>Thanksgiving Break |
| 30 Beef & Bean Burrito<br>Chili Black Beans<br>Craisins<br>Chilled Milk | | | | |

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- Menu subject to change without notice. A variety of fresh fruit is offered daily.
- An 8 oz. milk is offered with each meal. Whole white, 1% white, Lactaid and soy are offered at lunch.
- Cold alternate offered daily.

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Questions?
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Cindy Yonkers
518-360-6152

# KIPP: TROY PREP MIDDLE SCHOOL

SNACK

## NOVEMBER 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2 Giant Goldfish<br>Fresh Apple | 3 Doritos<br>6 oz. Juice | 4 Cheezits<br>Craisins & Applesauce | 5 Chex Mix<br>6 oz. Juice | 6 No Snack |
| 9 Chocolate Scooby Snacks<br>Fresh Apple | 10 Heartzels<br>6 oz. Juice | 11 No School<br>Veteran's Day Observed | 12 Chick Pea Snacks<br>6 oz. Juice | 13 No Snack |
| 16 Bunny Grahams<br>Fresh Apple | 17 Cheetos<br>6 oz. Juice | 18 Strawberry Crisp<br>Craisins & Applesauce | 19 Half Day<br>No Snack | 20 No Snack |
| 23 Cheddar Goldfish<br>Fresh Apple | 24 Thanksgiving Crackers<br>6 oz. Juice | 25 No School<br>Thanksgiving Break | 26 No School<br>Thanksgiving Break | 27 No School<br>Thanksgiving Break |
| 30 Doritos<br>Fresh Apple | | | | |

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