

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**NOVEMBER LUNCH**  
Middle & High School

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY               | FRIDAY |
|--------|---------|-----------|------------------------|--------|
|        |         |           | 1                      | 2      |
| 5      | 6       | 7         | 8                      | 9      |
| 12     | 13      | 14        | 15                     | 16     |
| 19     | 20      | 21        | HAPPY THANKSGIVING! 22 | 23     |
| 26     | 27      | 28        | 29                     | 30     |

**DID YOU KNOW?**

Nearly 95% of Americans eat turkey on Thanksgiving. Turkey has more protein, ounce per ounce, than chicken or beef!



**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

**Cage Free Egg Meals indicated (\*)**

- o **Vegetable** of the day

We'd love to hear from you! Email SFUSD Student Nutrition Services at [school@sfusd.edu](mailto:school@sfusd.edu) with any questions, comments or concerns about the meal program.