

Shade Canyon Menu November 2025

Shade Canyon School Menu	Monday	Tuesday	Wednesday	Thursday	Friday	
All children will be given meals if requested. A \$10 per week donation is suggested per child.	3 Breakfast: Yogurt W/ Fruit Lunch: Picadillo (Chicken & Potatoes W/ Vegies)	4 Breakfast: Eggs Lunch: Potato Soup	5 Breakfast: Brown Rice Pudding ★ Lunch: Green Spaghetti	6 Breakfast: Breakfast Casserole Lunch: Sopita	7 Breakfast: Oatmeal Lunch: Alfredo Pasta	Note: A fruit or vegetable is offered at all meal times. These options vary seasonally and based on donations.
Please alert the kitchen staff to any food allergies.	10 No School	11 Breakfast: Oatmeal Lunch: Shepherd's Pie ★	12 Breakfast: Eggs Lunch: Curry & Rice	13 Breakfast: Breakfast Casserole Lunch: Chicken Noodle Soup	14 Breakfast: Pancakes Lunch: Green Spaghetti	Note: All meals with a "★" next to them are Blue Zones recipes.
	17 Breakfast: Zucchini Bread Lunch: Enchiladas ★	18 Breakfast: Pancakes Lunch: Baked Potatoes	19 Breakfast: Oatmeal Lunch: Tomato Soup & Grilled Cheese	20 Breakfast: Yogurt Lunch: Bean Soup w/ Corn Bread	21 Breakfast: Eggs Lunch: Curry w/ Rice	
	24 Break	25 Break	26 Break	27 Break	28 Break	
	1 Breakfast: Yogurt Lunch: Chicken Noodle Soup	2 Breakfast: Eggs Lunch: Alfredo Pasta	3 Breakfast: Oatmeal Lunch: Beans & Greens & Beans w/ Rice ★	4 Breakfast: Brown Rice Pudding Lunch: Baked Potatoes	5 Breakfast: Oatmeal Lunch: Spaghetti	