THE LEARNING WORLD ACADEMY

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 AM Snack: Organic oat cereal with organic milk Lunch: Citrus pulled chicken, rice with pigeon peas, and baked broccoli and cauliflower Vegetarian: Pigeon peas with rice, and baked broccoli with cauliflower Dessert: Fresh Cut Fruit Soup: Cream of sweet potato PM Snack: Organic string cheese with fresh cut fruit salad	4 AM Snack: Organic blueberry muffin Lunch: Ground lean beef, cilantro rice, and buttered corn and squash Vegetarian: Refried beans, cilantro rice, and corn with squash Dessert: Fresh Cut Fruit Soup: Cream of cauliflower PM Snack: Whole fresh banana	5 AM Snack: Organic whole grain bread with egg salad made with greek yogurt Lunch: Beef tortellini in tomato sauce, with a white bean and cucumber salad Vegetarian: Baked vegetable ziti, with a white bean and cucumber salad Dessert: Fresh Cut Fruit Soup: Chicken and potato soup PM Snack: Fresh fruit salad with Berry Kashis	6 AM Snack: Organic banana bread Lunch: Braised chicken with potato in savory sauce, white rice, with peas and carrots Vegetarian: White bean fricassee, white rice, with peas and carrots Dessert: Fresh Cut Fruit Soup: Cream of broccoli PM Snack: Organic vanilla yogurt with a half banana	7 AM Snack: Cottage cheese with cut peaches Lunch: Homemade chicken tender bites, potato tots, and cucumber tomato salad Vegetarian: Plant based chicken tender, potato tots, and cucumber tomato salad Dessert: Fresh Cut Fruit Soup: Tomato bisque PM Snack: Toddler friendly organic trail mix with dried yogurt (nut free)
10 AM Snack: Organic naan bread with whipped cream cheese Lunch: Asian beef and egg rice, with a green bean and carrot salad Vegetarian: Roasted tofu, white rice and green bean and carrot salad Dessert: Fresh Cut Fruit Soup: Creamed acorn PM Snack: Organic vanilla yogurt and diced peach	11 **No School** **Veterans Day**	12 AM Snack: Organic whole wheat bread with egg salad and greek yogurt Lunch: Whole grain pasta with cheese sauce, side of white beans and diced tomato Vegetarian: Whole grain pasta with cheese sauce, side of white beans and diced tomato Dessert: Fresh cut Fruit Soup: Chicken and root vegetables PM Snack: Organic apple and mango puree (sauce) with string cheese	13 AM Snack: Organic Strawberry yogurt with organic toasted oats Lunch: Ground turkey with parsnip mash potato, and baked broccoli Vegetarian: Ground lentils with a parsnip mashed potato and crisp broccoli Dessert: Fresh Cut Fruit Soup: Red Bean soup PM Snack: Fresh cut organic pineapple with wheat crackers	14 AM Snack: Organic blueberry muffin Lunch: Deconstructed bites. Naan bread, tomato and beef sauce, shredded mozzarella, and buttered corn Vegetarian: Deconstructed pizza bites, naan bread, tomato sauce, shredded mozzarella, and buttered corn Dessert: Fresh Cut Fruit Soup: Split pea soup PM Snack: Fresh cut pears with whipped cream cheese

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17 AM Snack: Organic oat Cereal with organic milk Lunch: Chicken with diced pineapple and peppers, white rice and mini sweet plantains Vegetarian: Hawaiian tofu with white rice and mini sweet plantains Dessert: Fresh Cut Fruit Soup: Mix vegetable soup PM Snack: Fresh watermelon and mango fruit salad	18 AM Snack: Organic vanilla yogurt with acai Lunch: Fish Tacos! Wild caught pollock fish sticks, tortillas, homemade tartar sauce, and tomato and corn salsa Vegetarian: Tofu sticks, tortillas, homemade tartar sauce, and a tomato and corn salsa Dessert: Fresh Cut Fruit Soup: Cream of zucchini PM Snack: Fresh banana with whole wheat cracker	19 AM Snack: Egg salad with greek yogurt and naan bread Lunch: Whole grain pasta with a fresh herb pesto, grilled chicken bits, and steamed buttered peas Vegetarian: Whole grain pasta with a fresh herb pesto, and buttered peas Dessert: Fresh Cut Fruit Soup: Tomato Bisque PM Snack: Fresh cut melon with string cheese	20 AM Snack: Strawberry chia pudding Lunch: Roasted beef, sweet potato puree, and steamed zucchini Vegetarian: Roasted lentil patties, sweet potato puree, and steamed zucchini Dessert: Fresh Cut Fruit Soup: Cream of corn PM Snack: Organic whole grain bread with sliced cheese	21 AM Snack: Organic banana bread Lunch: Deconstructed chicken parm. Chicken bites, marinara, and shredded cheese with grilled vegetables and potato tots Vegetarian: Deconstructed vegan chicken parm. Vegan chicken bites, marinara, and shredded cheese with grilled vegetables and potato tots. Dessert: Fresh Cut Fruit Soup: Cream of spaghetti squash PM Snack: Organic strawberry yogurt with organic toasted granola
24 AM Snack: Organic oat cereal with organic milk Lunch: Sweet and sour meatballs with white rice and asian mix vegetables Vegetarian: Vegetable rice, roasted sweet and cauliflower Dessert: Fresh Cut Fruit Soup: Cream of carrot and ginger PM Snack: Fresh cut fruit salad and organic whole wheat cracker	25 AM Snack: Organic homemade cornbread Lunch: Roasted turkey with gravy, potato puree, and corn casserole Vegetarian: Roasted squash, potato puree, and corn casserole Dessert: Fresh Cut Fruit Soup: Cream of pumpkin PM Snack: Organic vanilla yogurt with banana	26 **No School** **Teacher Planning Day**	27 **No School** **Thanksgiving Break**	28 **No School** **Thanksgiving Break**