Pursuing Excellence in Christian Education
Established 1919

MT. CALVARY S.D.A. JR. ACADEMY



~ November 2026 Breakfast Menu ~

Mon	Tue	Wed	Thu	Fri
2 1 Cup Assorted Cereal 1 oz. Stripples (2) 1 oz. Buttered Toast	**3** ½ Cup Grits 1/8 Cup Cheese 1 Slice WW Bread	**4** ½ Cup Cream of Wheat 1 Slice WW Bread 1 Hard Boiled Egg	**5** 6 oz. Low Fat Yogurt ¼ Cup Granola Mix 1 Slice WW Bread	**6** 2 oz. WW French Toast Sticks 1/8 Cup Scrambled Eggs 1 Slice WW Bread
9 1 Cup Assorted Cereal 2 Breakfast links 1 oz. Buttered Toast	**10** 1 Bagel 1/8 Cup Scrambled Eggs 1 Slice WW Bread	**11** 	**12** 2 Tbsp. Peanut Butter 1 Tbsp. Strawberry Jelly 2 Slices WW Bread	**13** 2 oz. Waffles 1 oz. Stripples (2) 1 Slice WW Bread
16 1 Cup Assorted Cereal 1 oz. Chicken Nuggets 1 oz. Buttered Toast	**17** 1 Biscuit 1/8 Cup Scrambled Eggs 1 Slice WW Bread	**18** ½ Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg	**19** 6 oz. Low Fat Yogurt 1 WW Muffin 1 Slice WW Bread	**20** 2 oz. Pancakes 1 oz. Sausage Patty 1 Slice WW Bread

~ November 2026 Lunch Menu ~

Mon	Tue	Wed	Thu	Fri
2 ¾ Cup Meat Sauce ½ Cup Spaghetti ¾ Cup Steamed Broccoli ½ slice WW bread	**3** ½ Cup Mashed Potato ½ Cup BBQ Scallops ¾ Cup Steamed Mixed Vegetables	**4** 1 oz. Yellow Plantains ½ Cup Black Bean Stew ½ Cup Seasoned Rice ½ Cup Green Beans	**5** Cheese Pizza ½ Cup Celery Sticks 1 tbsp. Ranch	**6** 1 oz. Plant- based Corn Beef/Turkey Lettuce & Tomato 1 WW Bun (Optional – Cheese & Pickles)
9 1 Cup Mac & Cheese 2oz. Sausage Patty ½ Cup Steamed Broccoli ½ slice WW bread	**10** ½ Cup Baked Beans with Hot Dogs ½ Cup Yellow Rice ½ Cup Cut Cucumbers	**11** 	**12** Cheese Pizza ¾ Cup Carrot Sticks 1 tbsp. Ranch	**13** 2 oz. Chicken Nuggets ½ Cup Tator Tots 3 in Corn on the Cob
16 ¾ Cup Meat Sauce ½ Cup Spaghetti ¾ Cup Steamed Broccoli ½ slice WW bread	**17** ½ Cup Mashed Potato 1 oz. Fri Chic w/Gravy ¾ Cup Green Beans	**18** 2 oz. Hot Dogs 1 oz. WW Bun ½ Cup Carrots Chips *Great American Teach In*	**19** Cheese Pizza ¾ Cup Cut Cucumbers 1 tbsp. Ranch	**20** Sliced Turkey, Collard Greens Mac' N Cheese, Candied Yams, Corn on the Cob, Rice & Red Beans, Dinner Rolls, Punch & Dessert *Family Thanksgiving Lunch*

8 oz. soy milk and 1% plain milk are served with all meals. Milk options- unflavored, strawberry or chocolate 1% milk.
Meals are served with 4 oz. of cut fresh fruit, fruit cup, 100% juice or whole fruit (example banana)

This institution is an equal opportunity provider.