



November  
2023

Big A  
Elementary

This institution is an equal opportunity provider.

**DON'T 4 GET!**

To make a lunch,  
choose at least one



or



and 3-5  
items  
total



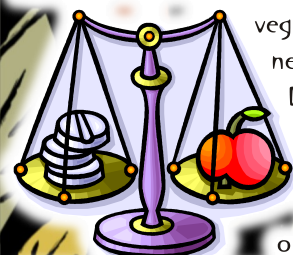
STEPHENS COUNTY SCHOOL NUTRITION

## BALANCING ACT.

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits,

veggies, and grains might need a daily vitamin.

But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Wednesday, November 1

**Breakfast**  
Mini  
Cinnis

**Lunch**  
Chicken Drumstick  
Mashed Potatoes  
Dinner Roll  
Glazed Carrots  
Fruit

Thursday, November 2

**Breakfast**  
Mini French  
Toast

**Lunch**  
Pizza  
Garden Salad  
Corn  
Fruit

Friday, November 3

**Breakfast**  
Egg N Cheese  
Biscuit

**Lunch**  
Deli Sandwich  
Veggie Dippers  
Baked Chips  
Fruit

National Sandwich  
Day

Students:  
Breakfast-No Charge  
Lunch-No Charge

Daily Options:  
(Kindergarten)  
Protein Power Pack  
with Yogurt,  
String Cheese,  
Grain, &  
Fruit/Veggie

All meals include milk choice:  
Fat Free Flavored,  
Skim, and 1% milk

Harvest of the Month  
Sweet Potato



Market conditions, delivery, and availability of food may require changes in menu.

Monday, November 6

**Breakfast**  
Muffin

**Lunch**  
BBQ Sandwich  
Baked Beans  
Tator Tots  
Applesauce

Tuesday, November 7

**Breakfast**  
Sausage  
Biscuit

**Lunch**  
Walking Taco  
w/Salsa, Lettuce  
Cheese  
Corn & Black  
Beans  
Fruit

Wednesday, November 8

**Breakfast**  
Cereal  
Bar

**Lunch**  
Fish Sticks  
Mac N Cheese  
Black Eyed Peas  
Fruit

Thursday, November 9

**Breakfast**  
Breakfast  
Strudel

**Lunch**  
Popcorn Chicken  
w/Rice  
Spring Roll  
Veggie Blend  
Fruit

Friday, November 10

**Breakfast**  
Chicken  
Biscuit

**Lunch**  
Pizza Pullaparts  
w/ Marinara  
Garden Salad  
Corn  
Fruit



# Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, November 13

**Breakfast**  
Breakfast Bread

**Lunch**  
Chicken Nuggets w/Roll  
English Peas  
Mashed Potatoes  
Fruit

Tuesday, November 14

**Breakfast**  
Sausage Biscuit

**Lunch**  
Grilled Cheese Sandwich  
Tomato Soup  
Veggie Dippers  
Fruit

Wednesday, November 15

**Breakfast**  
Pancake Pup

**Lunch**  
Cheeseburger  
Baked Beans  
French Fries  
Fruit

Thursday, November 16

**Breakfast**  
Toaster Pastry

**Lunch**  
Turkey w/Gravy  
Stuffing  
Green Beans  
Sweet Potato  
Soufflé  
Roll  
Cookie

*Thanksgiving Meal*

Friday, November 17

**Breakfast**  
Egg N Cheese Biscuit

**Lunch**  
Pizza Stix w/ Marinara  
Garden Salad  
Corn  
Fruit



# HAPPY THANKSGIVING!

# SEE YOU MONDAY!

Monday, November 27

**Breakfast**  
Breakfast Bun

**Lunch**  
Mini Corn Dogs  
Baked Beans  
Potato Smiles  
Fruit

Tuesday, November 28

**Breakfast**  
Sausage Biscuit

**Lunch**  
Brunch For Lunch

Wednesday, November 29

**Breakfast**  
Mini Pancake

**Lunch**  
Spaghetti/w Meat Sauce  
Garlic Bread  
Garden Salad  
Fruit

Thursday, November 30

**Breakfast**  
Belgian Waffle

**Lunch**  
Chicken Sandwich  
Potato Wedges  
Veggie Dippers  
Fruit

Only 11 more school days 'til Winter Break!

