



November
2023

Liberty
Elementary

This institution is an equal opportunity provider.

DON'T 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

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

Breakfast
Strudel

Lunch

Fish Sticks
Mac N Cheese
Black Eyed Peas
Broccoli
Fruit

Thursday, November 9

Breakfast

Breakfast
Pizza

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

Students:

Breakfast-No Charge
Lunch-No Charge

Daily Options:

PBJ Sandwich,
String Cheese &
Daily Fruit/Veggie Choices
or
Protein Power Pack
with Yogurt,
String Cheese,
Grain, & Daily
Fruit/Veggie Choices

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.



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 13

Breakfast

Breakfast
Bread

Lunch

Cheeseburger
Baked Beans
French Fries
Fruit

Tuesday, November 14

Breakfast

Sausage
Biscuit

Lunch

Grilled Cheese
Sandwich
Tomato Soup
Veggie Dippers
Fruit

Wednesday, November 15

Breakfast

Breakfast
Bun

Lunch

Turkey w/Gravy
Stuffing
Green Beans
Sweet Potato Soufflé
Roll
Cookie
Thanksgiving Meal

Thursday, November 16

Breakfast

Pancake
Pup

Lunch

Rotini Pasta
w/Meat Sauce
Bread Stick
Broccoli
Fruit

Friday, November 17

Breakfast

Egg N Cheese
Biscuit

Lunch

Pizza Stix
w/ Marinara
Garden Salad
Corn
Fruit



SEE YOU MONDAY!

Monday, November 27

Breakfast

Toaster
Pastry

Lunch

Mini Corn
Dogs
Baked Beans
Potato Smiles
Fruit

Tuesday, November 28

Breakfast

Sausage
Biscuit

Lunch

Chili
w/Breadstick
Baked Potato
Broccoli
Fruit

Wednesday, November 29

Breakfast

Mini
Pancake

Lunch

Spaghetti/w Meat
Sauce
Garlic Bread
English Peas
Fruit

Thursday, November 30

Breakfast

Cinnamon Toast
Breakfast Bar

Lunch

Chicken Sandwich
Potato Wedges
Veggie Dippers
Fruit

Only 11 more
school days 'til
Winter Break!

