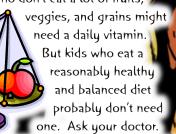




BALANCING ACT

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



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

Monday, November 6

Breakfast

Muffin

<u>Lunch</u>

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 1

Breakfast

Mini Cinnis

<u>Lunch</u>

Chicken Drumstick Mashed Potatoes Dinner Roll Glazed Carrots Fruit

Wednesday, November 8

Breakfast

Breakfast

Strudel

Lunch

Fish Sticks

Mac N Cheese

Black Eyed Peas

Broccoli

Fruit

Thursday, November 2

Breakfast

Mini French Toast

Lunch

Pizza Garden Salad Corn Fruit

Thursday, November 9

Breakfast

Breakfast

Pizza

Lunch

Popcorn Chicken

w/Rice

Spring Roll

Veggie Blend

Fruit

Friday, November 3

Breakfast

Egg N Cheese Biscuit

Lunch

Deli Sandwich Veggie Dippers Baked Chips Fruit National Sandwich Day

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.



Turkey is the star attraction on many Thanksqiving 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

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



Breakfast

Toaster **Pastry**

Lunch

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

Breakfast

Sausage **Biscuit**

Lunch

Chili w/Breadstick **Baked Potato** Broccoli Fruit

Breakfast

Mini **Pancake**

Lunch

Spaghetti/w Meat Sauce Garlic Bread **English Peas** Fruit

Breakfast

Cinnamon Toast Breakfast Bar

Lunch

Chicken Sandwich **Potato Wedges Veggie Dippers** Fruit

Only 11 more school days 'til Winter Break!

