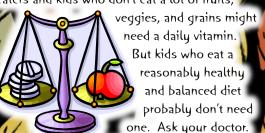




Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits,



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

Monday, November 6

Breakfast Muffin

<u>Lunch</u> Meatball Sub w/Marinara Veggie Dippers French Fries Fruit

Tuesday, November 7

Breakfast

Sausage Biscuit

<u>Lunch</u> Cowboy Nachos w/Salsa. Lettuce. Cheese **Black Beans** Fruit

Wednesday, November 1

Breakfast

Mini Cinnis

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

Wednesday, November 8

Breakfast

Cereal

Bar

Lunch Fish Sticks

Mac N Cheese

Black Eyed Peas

Broccoli

Fruit

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

Thursday, November 9

Breakfast Breakfast Strudel

<u>Lunch</u> Popcorn Chicken w/Rice Spring Roll Veggie Blend Fruit

Friday, November 10

Breakfast Chicken **Biscuit**

<u>Lunch</u> 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 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 Tator Tots** Fruit

Tuesday, November 14

Breakfast

Sausage Biscuit

<u>Lunch</u> Walking Taco w/Salsa, Lettuce Cheese Corn & Black Beans Fruit

Wednesday, November 15

Breakfast

Toaster **Pastry**

Lunch

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

Thanksgiving Meal

Thursday, November 16

Breakfast

Pancake Pup

Lunch

Grilled Cheese Sandwich w/Chili Veggie Dippers Fruit

Friday, November 17

Breakfast

Egg N Cheese Biscuit

Lunch Pizza Stix w/ Marinara Garden Salad Corn Fruit



Monday, November 27

Breakfast

Breakfast Bun

Lunch

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

Tuesday, November 28

Breakfast

Sausage Biscuit

<u>Lunch</u>

Chicken Fajita Nachos w/ Salsa, Lettuce, Cheese Pinto Beans Fruit

Wednesday, November 29

Breakfast

Mini Pancake

Lunch

Spaghetti/w Meat Sauce Garlic Bread Garden Salad Fruit

Thursday, November 30

Breakfast

Belgian Wäffle

Lunch

Chicken Sandwich Potato Wedges Veggie Dippers Fruit

Only 11 more school days 'til Winter Break!

