



November
2023

Toccoa
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*

Monday, November 6

Breakfast
Muffin

Lunch
Meatball Sub
w/Marinara
Veggie Dippers
French Fries
Fruit

Tuesday, November 7

Breakfast
Sausage
Biscuit

Lunch
Cowboy Nachos
w/Salsa, Lettuce,
Cheese
Black Beans
Fruit

Wednesday, November 8

Breakfast
Cereal
Bar

Lunch
Fish Sticks
Mac N Cheese
Black Eyed Peas
Broccoli
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

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
Tator Tots
Fruit

Tuesday, November 14

Breakfast
Sausage Biscuit

Lunch
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



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
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 Waffle

Lunch
Chicken Sandwich
Potato Wedges
Veggie Dippers
Fruit

Only 11 more school days 'til Winter Break!

