



November
2023

SCMS &
5GA

This institution is an equal opportunity provider.

DON'T 4 GET!

To make a lunch,
choose at least one



or



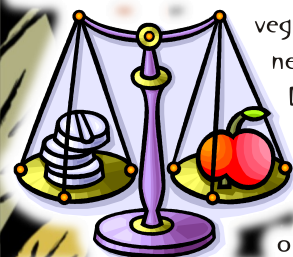
and 3-5
items
total



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

Lunch

Chicken Sandwich
Lettuce/Tomato
Pickles
Veggie Dippers
French Fries
Fruit

Thursday, November 2

Lunch

Pizza Variety
Garden Salad
Corn
Fruit

Friday, November 3

Lunch

Deli Sandwich
Veggie Dippers
Baked Chips
Fruit

National Sandwich
Day

Monday, November 6

Lunch

Hot Dog or
Rib-b-que Sandwich
Baked Beans
Potato Smiles
Fruit

Tuesday, November 7

Lunch

Cowboy Nachos
Salsa/Cheese
Black Beans
Corn
Fruit

Wednesday, November 8

Lunch

Brunch for
Lunch
Sausage Biscuit
Omelette
Tator Tots
Veggie Dipper
Fruit

Thursday, November 9

Lunch

Popcorn Chicken
w/Rice
Spring Roll
Veggie Blend
Fruit

Friday, November 10

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
or
Chef Salad w/Protein, Grain
& Daily Fruit/Veggie Choices

All meals include milk choice:

Fat Free Flavored,
Skim, and 1% milk

Harvest of the Month
Sweet Potatoes

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

Lunch
Cheeseburger
Lettuce/Tomato
Pickles
Potato Smiles
Baked Beans
Fruit

Tuesday, November 14

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

Thanksgiving Meal

Wednesday, November 15

Lunch
Grilled Cheese
Sandwich
w/Chili
Veggie Dippers
Fruit

Thursday, November 16

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

Friday, November 17

Lunch
Pizza Stix
Garden Salad
Corn
Fruit



HAPPY THANKSGIVING!

SEE YOU MONDAY!

Monday, November 27

Lunch
Mini Corn Dogs
Baked Beans
Tator Tots
Veggie Dippers
Fruit

Tuesday, November 28

Lunch
Taco Quesadilla
w/Salsa, Cheese
Black Beans
Broccoli
Fruit

Wednesday, November 29

Lunch
Chicken Sandwich
Lettuce/Tomato
Pickles
Veggie Dippers
Baked Sweet Potato
Fruit

Thursday, November 30

Lunch
Country Fried
Steak w/Gravy
Biscuit
Mashed Potatoes
English Peas
Fruit

Only 11 more
school days 'til
Winter Break!

