



November
2023

SCHS

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

Cheeseburger or
Mini Corn Dog
Baked Beans
Tator Tots
Veggie Dippers
Fruit

Thursday, November 2

Lunch

Country Fried
Steak w/Gravy
Biscuit
Mashed Potatoes
Broccoli
Fruit

Friday, November 3

Lunch

Chicken Sandwich
or
Pizza Variety
Garden Salad
Corn
Fruit

Monday, November 6

Lunch

Chicken Sandwich
or Spaghetti
Garlic Bread
Veggie Dippers
California Blend
Fruit

Tuesday, November 7

Lunch

Cowboy Nachos
Salsa/Cheese
Pinto Beans
Corn
Fruit

Wednesday, November 8

Lunch

Hamburger or
Chili Dawg
Sweet Potato Fries
Coleslaw
Fruit

Thursday, November 9

Lunch

General Tso's
Chicken w/Rice
Spring Roll
Broccoli
Fruit

Friday, November 10

Lunch

Chicken Sandwich
or
Pizza Variety
Garden Salad
Corn
Fruit

Price Info:

Student Breakfast \$1.25
Student Lunch \$2.20
Staff Breakfast-\$1.75
Staff Lunch -\$3.00

Extra Milk- \$.50
Second Entrée- \$1.50

Other:

Pizza
Sub Sandwich
Sandwich Variety
Burger Variety
Fresh Salad Variety
Grab N Go Items

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

Chicken Tender
(Bird Dog)
Sandwich
French Fries
Veggie Dippers
Fruit

Tuesday, November 14

Lunch

Tacos
Chips & Queso
Spanish Rice
Black Beans
Fruit

Wednesday, November 15

Lunch

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

Thursday, November 16

Lunch

Grilled Cheese
Sandwich
w/Chili
Veggie Dippers
Broccoli
Fruit

Friday, November 17

Lunch

Chicken Sandwich
or
Pizza Variety
Garden Salad
Corn
Fruit



HAPPY THANKSGIVING!

SEE YOU MONDAY!

Monday, November 27

Lunch

Chicken Sandwich
or Rotini
Garlic Bread
Glazed Carrots
California Blend
Fruit

Tuesday, November 28

Lunch

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

Wednesday, November 29

Lunch

Hamburger or
Fish Sandwich
Hushpuppies
Pinto Beans
Coleslaw
Fruit

Thursday, November 30

Lunch

Chicken Strip
Basket
w/Gravy & Biscuit
Green Beans
Mac N Cheese
Fruit

Only 11 more
school days 'til
Winter Break!

