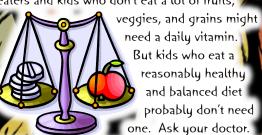




BALANCING ACT

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

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 1

Lunch

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

Wednesday, November 8

Lunch

Hamburger or

Chili Dawq

Sweet Potato Fries

Coleslaw

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

Thursday, November 9 Friday, November 10

<u>Lunch</u>

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

<u>Lunch</u>

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://kidsheaith.org/kid/stay healthy/food/pyramid.html

Monday, November 13

Lunch

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

Tuesday, November 14

<u>Lunch</u>

Tacos Chips & Queso Spanish Rice Black Beans Fruit

Lunch

Wednesday, November 15

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

Lunch

Thursday, November 16

Grilled Cheese Sandwich w/Chili Veggie Dippers Broccoli Fruit

Lunch

Friday, November 17

Chicken Sandwich or Pizza Variety Garden Salad Corn Fruit



Monday, November 27

Tuesday, November 28

Wednesday, November 29

Thursday, November 30

Lunch

Chicken Sandwich or Rotini Garlic Bread Glazed Carrots California Blend Fruit

Lunch

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

Lunch

Hamburger or Fish Sandwich Hushpuppies Pinto Beans Coleslaw Fruit

Lunch

Chicken Strip Basket w/Gravy & Biscuit Green Beans Mac N Cheese Fruit Only 11 more school days 'til Winter Break!

