



BIG CITY BITES



Nutrition Services is introducing Philadelphia's Big-City Bite's **Philly Style Cheesesteak**. With each bite, you're not just enjoying a meal, but you're also immersing yourself in the history, culture, and flavor of Philadelphia itself.

FRESH PICK



As the calendar flips to November, the culinary world eagerly embraces a seasonal favorite, **POTATOES**. From creamy mashed Yukon Golds to crispy fingerling fries, November's bounty of fresh potatoes invites us to savor the hearty flavors and culinary potential they bring to our meals.

WELLNESS EDUCATION



National Gratitude Month highlights the importance of saying thank you. When we practice gratitude every day, it makes us feel better, brings us closer to others, and helps make the world a kinder place. So, let's keep in mind that gratitude is more than a feeling; it can change our lives for the better.

SPECIAL FOOD DAY



November is extra cheesy this year because we're promoting **National Nachos Day** on November 6th! It's the perfect excuse to indulge in a plate of delicious nachos with all your favorite toppings. Get ready to enjoy this crunchy, cheesy treat.

ONE DAY CELEBRATION



We're excited to offer our students a taste of **Thanksgiving** tradition with a mouthwatering meal of turkey, gravy, and mashed potatoes. We look forward to sharing this festive meal with our students and extending our heartfelt wishes for a joyful and grateful Thanksgiving.