



Wednesday, November I

1.Smoked
Sausage
2.Meat Loaf
Mac and Cheese
Steamed
Cabbage
Cornbread
Fruit
Milk

Thursday, November 2

1.Spaghetti
2.Turkey and
Cheese
Sandwich
Steamed
Broccoli
Garlic Bread
Fruit
Milk

SUNDAY, NOV. 5

PON'T
FORGET
TO SET
YOUR
CLOCKS BACK

1 HOUR

Friday, November 3

1.Pepperoni
Pizza
2.Chicken
Nuggets
Sweet Potato
Fries
Roll
Fruit
Milk

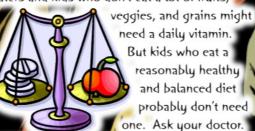
Monday, November 6

1.Vegetable Beef Soup with PB&J Sandwich 2.Corndog Fried Okra Fruit Milk Tuesday, November 7

1.Sloppy Joe 2.Turkey and Cheese Sandwich Steamed Carrots Fruit Milk

BALANCING AC

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!

Wednesday, November 8

1.Hamburger
Steak
2.Chicken
Tenders
Creamed
Potatoes
Turnips
Roll
Fruit
Milk

Thursday, November 9

1.Sweet and Sour Chicken 2.Rib Sandwich Rice Oriental Veggies Fruit Milk Fortune Cookie Friday, November 10

1.Hot dog
2.Ham and
Cheese on
Croissant
Baked Beans
French Fries
Fruit
Milk



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Monday, November 13

1.Chicken Noodle Soup with Grilled Cheese Sandwich 2. Turkey and Cheese Sandwich Steamed Broccoli Fruit Milk

Tuesday, November 14

1.Chicken Nuggets 2.Ham and Cheese Sandwich **Roasted Carrots** Fruit Milk

Wednesday, November 15

Thanksgiving **Feast** Turkey and Dressing **Green Beans** Yam Patty

Cranberry Sauce Roll Fruit Milk

Thursday, November 16

1.Spaghetti 2.Corndog Corn **Garlic Bread** Fruit Milk

Friday, November 17 1.Cheeseburger 2.Rib Sandwich **Baked Beans** French Fries Fruit

Milk



Where's the fat hiding in a

Thanksgiving meal? A cup of stuffing

contains 18 grams of fat, 4 of which are saturated. That's a third of the

recommended daily maximum for both,

and some of us eat FAR more than a

cup! Surprisingly, a cup of gravy

contains only 3-5 grams of fat. A little dressing's fine for special

meals, but try not to

overdo it.

A QUICK BITE FOR PARENTS

Monday, November 27

Sandwich 2.Corndog Fried Okra Fruit Milk

Tuesday, November 28

1. Sloppy Joe 2.Chicken Nuggets Steamed Carrots Fruit Milk



Wednesday, November 29

1.Sweet and Steak Sour Chicken 2.Chicken **Tenders** Rice Creamed **Potatoes** Fruit Milk Turnips Fortune Cookie Roll Fruit Milk



1. Vegetable Beef Soup with PB&J

Only 13 more

1.Hamburger

2.Rib Sandwich Oriental Veggies