

# Liberty Elementary

# NOVEMBER

# 2024

This institution is an equal opportunity provider.

Friday, November 1

## Breakfast

Chicken  
Biscuit

## Lunch

Pizza  
Garden Salad  
Corn Cob  
Fruit

Monday, November 4

## Breakfast

Cinni  
Minni

## Lunch

Mini Corn Dogs  
Baked Beans  
Potato Rounds  
Fruit

Tuesday, November 5

## Breakfast

Sausage  
Biscuit

## Lunch

Beef Taco  
w/Salsa, Lettuce/  
Cheese  
Corn  
Pinto Beans  
Fruit

Wed., November 6

## Breakfast

Breakfast  
Pullapart

## Lunch

Steak Fingers  
w/Roll  
Sweet Potato  
Green Beans  
Fruit

Thursday, November 7

## Breakfast

Pancake  
Pup

## Lunch

Popcorn Chicken  
w/ Asian Rice  
Spring Roll  
Broccoli  
Fruit

Friday, November 8

## Breakfast

Egg Cheese  
Biscuit

## Lunch

Pizza Stix  
Garden Salad  
Corn  
Fruit

Monday, November 11

## Breakfast

Toaster  
Pastry

## Lunch

BBQ Sandwich  
Baked Beans  
French Fries  
Applesauce

Tuesday, November 12

## Breakfast

Sausage  
Biscuit

## Lunch

Taco Quesadilla  
w/Salsa, Cheese  
Black Beans  
Corn  
Fruit

Wed., November 13

## Breakfast

Breakfast  
Strudel

## Lunch

Rotini Pasta  
w/ Meat Sauce  
Garlic Bread  
Peas & Carrots  
Veggie Dipper  
Fruit

## Students:

Breakfast-No Charge

Lunch-No Charge

## Daily Options:

Protein Power Pack  
with Yogurt,  
String Cheese,  
Grain, &  
Fruit/Veggie

All meals include milk choice:

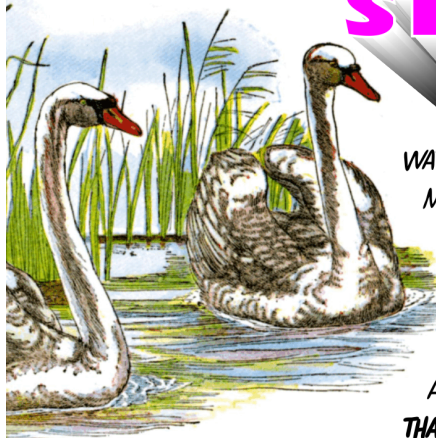
Fat Free Flavored,  
Skim, and 1% milk

Harvest of the Month

Sweet Potato



Market conditions, delivery, and availability of food  
may require changes in menu.



## STRANGE BUT TRUE!

WATER BIRDS LIKE GEESE AND SWANS  
MAY GLIDE PEACEFULLY ON THE  
WATER AND WADDLE COMICALLY  
ON LAND, BUT IN THE AIR THEY  
TAKE IT TO A WHOLE DIFFERENT  
LEVEL. THEY SOMETIMES MIGRATE  
AT 25,000 FEET IN THE AIR -  
THAT'S MORE THAN FOUR MILES HIGH!

Thursday, November 14

## Breakfast

Fruit Smoothie  
w/Cracker

## Lunch

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

Friday, November 15

## Breakfast

Chicken  
Biscuit

## Lunch

Rippinz Pizza  
Pullapart  
w/Marinara  
Garden Salad  
Corn  
Fruit





What's on  
**YOUR**  
plate?

## Feast o' Fiber!

Lots of the foods we eat on Thanksgiving are good fiber sources, including all of the ones listed below. Find and color all of the letters in these "fiber foods," and then unscramble the leftover letters to learn the name of one Turkey Day favorite that contains no fiber.

**Broccoli Carrots Pumpkin Pie**  
**Sweet Potatoes Cranberry Sauce**



**ANSWER:** \_\_\_\_\_

Even though this favorite food doesn't have any fiber, it's still a nutritious source of high quality protein that's relatively low in fat and calories compared to many other protein foods! Enjoy it along with generous portions of the higher-fiber stuff!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**DON'T 4 GET!**  
Take at least **ONE**  
**FRUIT or VEGGIE**  
and at least **THREE**  
items total so your meal  
counts as a complete lunch!

★ **OUR NATION'S HISTORY** ★

During World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help our kids learn. Please remember to thank your teachers during this year's American Education Week, November 18-22.

**Teacher**  
EDUCATION

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

**Monday, November 18**

**Breakfast**  
Muffin

**Lunch**  
Fish Sticks  
Hushpuppies  
Black Eyed Peas  
Mac N Cheese  
Fruit

**Tuesday, November 19**

**Breakfast**  
Sausage  
Biscuit

**Lunch**  
Ranchero Pizza  
Veggie Dippers  
Black Beans  
Corn  
Fruit

**Wed., November 20**

**Breakfast**  
French Toast  
Stix

**Lunch**  
Hamburger  
Baked Beans  
Tator Tots  
Fruit

**Thursday, November 21**

**Breakfast**  
Manager's  
Choice

**Lunch**  
Chili w/Beans  
Breadstick  
Baked Potato  
Broccoli  
Fruit

**Friday, November 22**

**Breakfast**  
Manager's  
Choice

**Lunch**  
Deli Sandwich  
Veggie Dippers  
Baked Chips  
Fruit  
Mini RKT

ENJOY YOUR HOLIDAY!

