

Toccoa Elementary

NOVEMBER

2024

This institution is an equal opportunity provider.

Friday, November 1

Breakfast

Breakfast
Variety

Lunch

Pizza Stix
w/ Marinara
Veggie Dippers
Corn
Fruit

Monday, November 4

Breakfast

Breakfast
Variety

Lunch

Mini Corn Dogs
Baked Beans
Potato Smiles
Fruit

Tuesday, November 5

Breakfast

Breakfast
Variety

Lunch

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

Wed., November 6

Breakfast

Breakfast
Variety

Lunch

Steak Fingers
w/Roll
Sweet Potato
Green Beans
Fruit

Thursday, November 7

Breakfast

Breakfast
Variety

Lunch

Popcorn Chicken
w/ Asian Rice
Spring Roll
Veggie Blend
Fruit

Friday, November 8

Breakfast

Breakfast
Variety

Lunch

Pizza
Garden Salad
Corn Cob
Fruit

Monday, November 11

Breakfast

Breakfast
Variety

Lunch

BBQ Sandwich
Baked Beans
French Fries
Applesauce

Tuesday, November 12

Breakfast

Breakfast
Variety

Lunch

Taco Quesadilla
w/Salsa, Cheese
Black Beans
Corn
Fruit

Wed., November 13

Breakfast

Breakfast
Variety

Lunch

Turkey w/Gravy
Stuffing
Green Beans
Sweet Potato Soufflé
Cookie

Students:

Breakfast-No Charge
Lunch-No Charge

Daily Options:

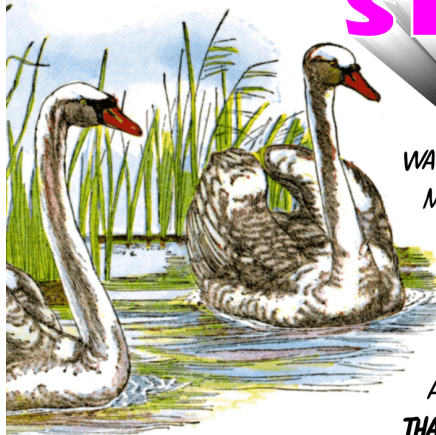
Protein Power Pack
with Yogurt,
String Cheese,
Grain, &
Fruit/Veggie

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

Breakfast
Variety

Lunch

Fish Sticks
Hushpuppies
Black Eyed Peas
Mac N Cheese
Fruit

Friday, November 15

Breakfast

Breakfast
Variety

Lunch

Rippinz Pizza
Pullapart
w/Marinara
Garden Salad
Corn Cob
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 or 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
Breakfast
Variety

Lunch
Rotini Pasta
w/ Meat Sauce
Garlic Bread
Glazed Carrots
Veggie Dipper
Fruit

Tuesday, November 19

Breakfast
Breakfast
Variety

Lunch
Ranchero Pizza
Veggie Dippers
Black Beans
Corn
Fruit

Wed., November 20

Breakfast
Breakfast
Variety

Lunch
Hamburger
Baked Beans
French Fries
Fruit

Thursday, November 21

Breakfast
Breakfast
Variety

Lunch
Chili w/Beans
Breadstick
Baked Potato
Broccoli
Fruit

Friday, November 22

Breakfast
Breakfast
Variety

Lunch
Deli Sandwich
Veggie Dippers
Baked Chips
Fruit
Mini RKT

ENJOY YOUR HOLIDAY!

