

# SCMS & 5GA NOVEMBER 2024

This institution is an equal opportunity provider.

Friday, November 1

## Lunch

Rippinz Pizza  
Pullapart  
w/Marinara  
Garden Salad  
Corn  
Fruit

Monday, November 4

## Lunch

Chicken Sandwich  
Veggie Dippers  
Tator Tots  
Fruit

Tuesday, November 5

## Lunch

Cowboy Nachos  
w/Salsa, Cheese  
Spanish Rice  
Black Beans  
Corn  
Fruit

Wed., November 6

## Lunch

Country Fried  
Steak  
w/Roll  
English Peas  
Sweet Potato  
Fruit

Thursday, November 7

## Lunch

General Tso's  
Chicken  
w/ Asian Rice  
Spring Roll  
Veggie Blend  
Fruit  
Fortune Cookie

Friday, November 8

## Lunch

Pizza Variety  
Garden Salad  
Corn  
Fruit

Monday, November 11

## Lunch

Mini Corn Dogs  
Baked Beans  
Potato Smiles  
Fruit

Tuesday, November 12

## Lunch

Chicken Fajita  
Nachos  
w/Salsa, Cheese  
Pinto Beans  
Corn  
Fruit

Wed., November 13

## Lunch

Spaghetti & Meat  
Sauce  
Garlic Bread  
Broccoli  
Fruit

## Students:

Breakfast-No Charge  
Lunch-No Charge

## Daily Options:

PBJ Sandwich,  
String Cheese &  
Daily Fruit/Veggie Choices  
or  
Protein Power Pack  
with Yogurt,  
String Cheese,  
Grain, & Daily  
Fruit/Veggie Choices

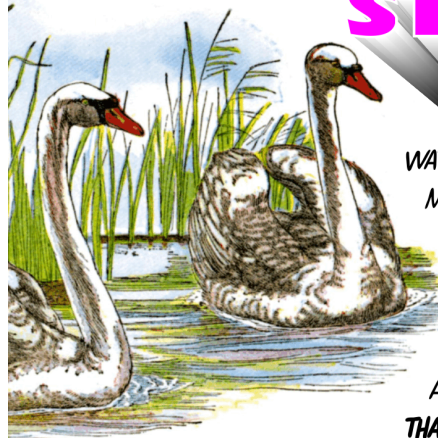
All meals include milk choice:

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

## Lunch

Rippinz Pizza  
Pullapart  
w/Marinara  
Garden Salad  
Corn  
Fruit

Friday, November 15

## Lunch

Turkey w/Gravy  
Stuffing  
Green Beans  
Sweet Potato Soufflé  
Cookie

*Thanksgiving Meal*





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**

**Lunch**

Cheeseburger  
Baked Beans  
Tator Tots  
Fruit

**Tuesday, November 19**

**Lunch**

Walking Taco  
w/Salsa, Cheese  
Black Beans  
Corn  
Fruit

**Wed., November 20**

**Lunch**

Chicken Drumstick  
w/Roll  
Broccoli  
Mashed Potatoes  
Fruit

**Thursday, November 21**

**Lunch**

Brunch  
for Lunch

**Friday, November 22**

**Lunch**

Deli Sandwich  
Veggie Dippers  
Baked Chips  
Fruit  
Mini RKT

