

SCHS NOVEMBER 2024

This institution is an equal opportunity provider.

Thursday, November 7

Lunch

Country Fried Steak
w/Biscuit
English Peas
Mashed Potatoes
Fruit

Friday, November 8

Lunch

Chicken Sandwich
(Regular/Spicy)
Pizza Variety
Lettuce/Tomato/
Pickles
French Fries
Veggie Dippers
Fruit

Monday, November 11

Lunch

Sub Your Way or
Hamburger
Lettuce/Tomato/
Pickles
Veggie Dippers
Tator Tots
Fruit

Tuesday, November 12

Lunch

Cowboy Nachos w/
Topping Bar
Spanish Rice
Pinto Beans
Corn Cob
Fruit

Wed., November 13

Lunch

Chicken Strip Basket
w/Roll
Green Beans
Mac N Cheese
Fruit

Friday, November 1

Lunch

Chicken Sandwich
(Regular/Spicy)
Pizza Variety
Lettuce/Tomato/
Pickles
French Fries
Veggie Dippers
Fruit

Monday, November 4

Lunch

Buffalo Chicken
Stuffed Sandwich
or Hamburger
Potato Smiles
Veggie Dippers
Fruit

Tuesday, November 5

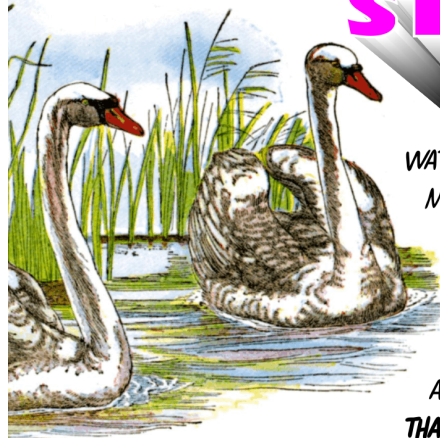
Lunch

Chicken Fajita Nachos
w/Topping Bar
Chips & Queso
Spanish Rice
Black Beans
Corn
Fruit

Wed., November 6

Lunch

Spaghetti or
Garlic Toast
Veggie Dippers
California Blend
Veggies
Fruit



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

Rotini Pasta w/
Meatsauce or
Garlic Toast
Glazed Carrots
Broccoli
Fruit

Friday, November 15

Lunch

Chicken Sandwich
(Regular/Spicy)
Pizza Variety
Lettuce/Tomato/
Pickles
French Fries
Veggie Dippers
Fruit

Students join us!
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
or

Chef Salad w/Protein, 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.



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

Lunch

BBQ Sandwich or
Hamburger
Lettuce/ Tomato/
Pickles
French Fries
Baked Beans
Coleslaw
Fruit

Tuesday, November 19

Lunch

Turkey w/Gravy
Stuffing
Green Beans
Sweet Potato Soufflé
Cookie

Thanksgiving Meal

Wed., November 20

Lunch

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

Thursday, November 21

Lunch
Brunch
for
Lunch

Friday, November 22

Lunch

Chicken Sandwich
(Regular/Spicy)
Pizza Variety
Lettuce/Tomato/Pickles
French Fries
Veggie Dippers
Fruit

ENJOY YOUR HOLIDAY!

