

# Menus for NOVEMBER 2024

This institution is an equal opportunity provider.

## FIND THE FIBER.

It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-



important nutrient should look like this stuff: fresh whole fruits and veggies,

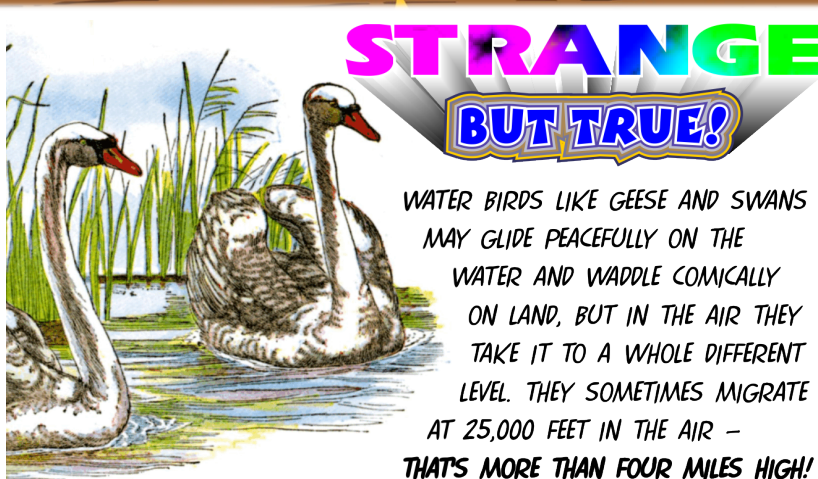
beans, nuts, and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get

most of your fiber where it occurs naturally, rather than from highly



processed foods that include fiber as an added ingredient so they can be sold as "high fiber."

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**



**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!**

Friday, November 1

### Breakfast

Super Bakery  
Powdered Minis  
Choice of Fruit & or Fruit  
Juice Milk Choice

### Lunch

Personal Pizza  
Crispy Fish Sticks  
Whole Baby Peeled  
Carrots  
Seasoned Peas

Monday, November 4

### Breakfast

Lemon Bread Slice  
Choice of Fruit & or Fruit  
Juice Milk Choice

### Lunch

Hot Meatball Hoagie  
W Shredded Mozzarella  
W.G. Corn Dogs  
Golden Kernel Corn  
Homemade Baked  
Beans

Tuesday, November 5

### Breakfast

Moist Cherry Muffin  
Choice of Fruit & or Fruit  
Juice Milk Choice

### Lunch

Creamy Macaroni &  
Cheese  
w W.G. Dinner Roll  
Juicy Chicken Patty  
Seasoned Mixed  
Vegetables  
Sliced Beets

Wed., November 6

### Breakfast

Sky B. Coffee Cake  
Choice of Fruit & or Fruit  
Juice Milk Choice

### Lunch

Beef & Cheese  
Nachos Grande  
Salsa & Sour Cream  
W.G. Dinner Roll  
Boneless Wing Boat  
w Garlic Bread Stick  
Refried Beans  
Baby Whole Peeled Carrots

Thursday, November 7

### Breakfast

Crumbles & Cream  
Benefit Bar  
Choice of Fruit & or Fruit  
Juice Milk Choice

### Lunch

Chicken & Cheese  
Quesadilla w Salsa  
Wow Butter Jammer w  
Cheese Stick & Crackers  
Tender Green Beans  
Three Bean Salad

Friday, November 8

### Breakfast

Belgian Maple Waffle  
Choice of Fruit & or Fruit  
Juice Milk Choice

### Lunch

Stuffed Crust Pizza  
W or W out Pepperoni  
Crispy Fish Sticks  
Garden Salad w Lite  
Dressing  
Broccoli Florets

Monday, November 11

**Thank  
You**



★ VETERANS' DAY ★  
NOVEMBER 11

Tuesday, November 12

### Breakfast

Mini Cini  
Choice of Fruit & or Fruit  
Juice Milk Choice

### Lunch

Chicken & Biscuit w  
Gravy  
Juicy Chicken Patty  
Fluffy Whipped Potatoes  
Fresh Broccoli Florets

Wed., November 13

### Breakfast

Cinnamon Dunkin Stix  
Choice of Fruit & or Fruit  
Juice Milk Choice

### Lunch

Rotini W Meat Sauce  
& Garlic Bread Stick  
Boneless Wing Boat  
w Garlic Bread Stick  
Garden Salad w Lite  
Dressing  
Baby Whole Peeled Carrots

Thursday, November 14

### Breakfast

Banana C.C. Benefit Bar  
Choice of Fruit & or  
Fruit Juice Milk

### Lunch

Cherry Blossom Chicken  
Over Rice  
W.G. Dinner Roll  
Wow Butter Jammer  
w Cheese Stick & Crackers  
Steamed Broccoli  
Fresh Red Pepper Strips

Friday, November 15

### Breakfast

Strawberry Cream  
Cheese Bagel Stick  
Choice of Fruit & or  
Fruit Juice Milk Choice

### Lunch

French Bread Pizza  
Crispy Fish Sticks  
Garden Salad w Lite  
Dressing  
Fresh Cucumber &  
Grape Tomatoes &  
Cucumbers





## 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.

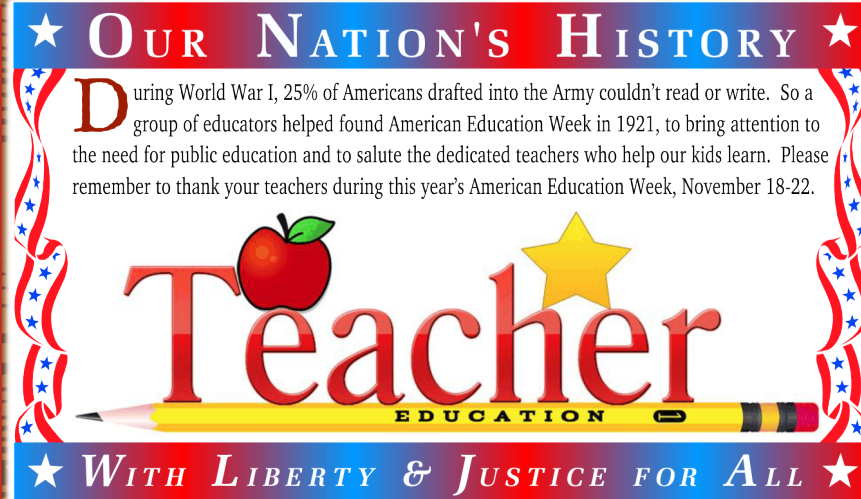
**Broccoli Carrots Pumpkin Pie  
Sweet Potatoes Cranberry Sauce**



**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)



Monday, November 18	Tuesday, November 19	Wed., November 20	Thursday, November 21	Friday, November 22
<b>Breakfast</b> Banana Bread Slice Choice of Fruit & or Fruit Juice Milk Choice	<b>Breakfast</b> Whole Grain Crackers W Cheese Stick Choice of Fruit & or Fruit Juice Milk Choice	<b>Breakfast</b> Super Bakery Pull Apart Daisey Choice of Fruit & or Fruit Juice Milk Choice	<b>Breakfast</b> Cream Cheese Bagel Stick Choice of Fruit & or Fruit Juice Milk Choice	<b>Breakfast</b> Belgian Maple Waffle Choice of Fruit & or Fruit Juice Milk Choice
<b>Lunch</b> Rib Bar Bee Que Sandwich w BBQ Sauce W.G. Corn Dogs Homemade Baked Beans Tender Green Beans	<b>Lunch</b> French Toast Slices w Warm Syrup & Ember Farms Sausage Link Juicy Chicken Patty Baked Hash Browns Baby Whole Peeled Carrots	<b>Lunch</b> All Beef Hot Dog on Bun w Fixings Boneless Wing Boat w Garlic Bread Stick Homemade Baked Beans Fresh Celery Sticks	<b>Lunch</b> <b>Turkey Scramble</b> Fluffy Whipped Potatoes & Gravy Golden Kernel Corn Wow Butter Jammer Cheese Stick & Crackers Chocolate or Vanilla Pudding	<b>Lunch</b> Primo Stuffed Pizza Sandwich Crispy Fish Sticks Garden Salad w Lite Dressing Seasoned Peas

Monday, November 25	Tuesday, November 26
<b>Breakfast</b> Cocoa Bread Slice Choice of Fruit & or Fruit Juice Milk Choice	<b>Breakfast</b> Super Bakery Cinnamon Roll Choice of Fruit or Fruit Juice & Milk Choice
<b>Lunch</b> Bacon Cheese Burger W.G. Corn Dog Homemade Baked Beans Three Bean Salad	<b>Lunch</b> Italian Combo Platter W Garlic Bread Stick Juicy Chicken Patty Tender Green Beans Fresh Broccoli Florets

