

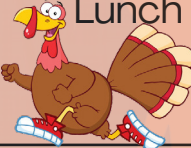


November *pre-kinder*

Milk will be offered with every meal.

Sweet, Sweet Potatoes!

One of America's favorite dishes for Thanksgiving is sweet Potatoes. There are so many yummy ways to make them from mashed to fries to marshmallows on top! Sweet Potatoes are a great source of beta-carotene, which turns into vitamin A when eaten. Your eyes love vitamin A because it helps them to see at night and recognize colors. Consider saving some room on your plate for these yummy potatoes over Thanksgiving!



Monday	Tuesday	Wednesday	Thursday	Friday
4 Pizza Glazed Carrots Fruit Cup	5 Tacos Pinto Beans Spanish Rice Lettuce & Tomato Orange Smiles	6 Breakfast for Lunch! Confetti Pancakes with Sausage Breakfast Potatoes Tropical Trio Slush Berries & Cream	7 Steak Fingers w/ Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	8 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
11 Grab N' Go Sack Lunch 	12 Quesadillas Pinto Beans Seasoned Corn Fruit Cup	13 Popcorn Chicken Fried Rice Seasoned Vegetables Fruit Salad	14 Chicken Strips with Hot Roll Mashed Potatoes Sauteed Vegetables Mixed Fruit Cup	15 Chicken Sandwich Basket with Fries Lettuce and Pickles Fresh Baked Cookie Fresh Fruit
18 Spaghetti with Meat Sauce Garlic Toast Seasoned Corn Fruit Cup	19 Nachos Refried Beans Tossed Salad Spanish Rice Fresh Apple	20 Ham & Cheese Croissants Macaroni & Cheese Carrot Dippers Fruit Medley	21 <i>Thanksgiving Feast</i> 	22 Grab N' Go Sack Lunch 

HAPPY THANKSGIVING!

Breakfast

An option of fresh fruit or fruit cup and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 11/4 & 11/18	Breakfast on Bun	Pancakes	Pig in a Blanket	Biscuits & Sausage	Cereal & Grahams
Week of 11/11	Pancake Wrap	Breakfast Pizza	Cereal & Grahams	Breakfast Sandwich	Yogurt & Muffin