


# 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 Oranges 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 Pizza Cucumber Salad Fruit Dessert	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 <i>Thanksgiving Feast</i> 	21 Chicken & Waffles Mashed Potatoes Steamed Vegetables Peaches	22 Bacon Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit

# 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	Breakfast Taco	Biscuits & Gravy	Cereal & Grahams
Week of 11/11	Pancake Wrap	Breakfast Pizza	Breakfast Bowl	Ham & Cheese Croissant	Yogurt Parfait & Muffin