

Menus for NOVEMBER 2024

This institution is an equal opportunity provider. Menus are subject to change.

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,

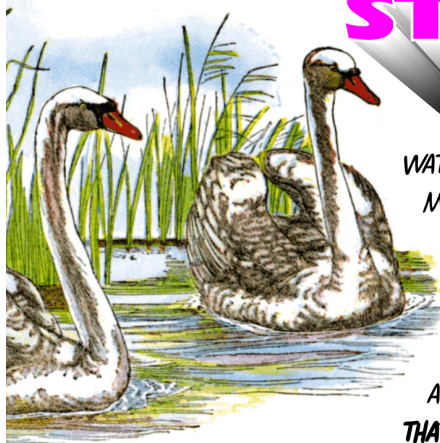
beans, nuts, and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get

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

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Corn Dog
French Fries
Beans
Fruit & Milk Choice

Monday, November 4

Breakfast

Cinnamon Roll
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Cheeseburger
Sweet Potato Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice



No SCHOOL TODAY

Make sure your family votes!

Wed., November 6

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Steak & Gravy
Mashed Potatoes
Broccoli w/ Cheese Roll
Fruit & Milk Choice

Thursday, November 7

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Teriyaki Chicken w/ Rice
Steam Broccoli
Glazed Carrots Roll
Fruit & Milk Choice

Friday, November 8

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Fish Sticks w/ Tarter Chips
Lettuce / Tomato / Mayo
Carrots w/ Ranch
Fruit & Milk Choice

Monday, November 11

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pork Chop Sandwich
Let/Tom
French Fries
Fruit & Milk Choice

Tuesday, November 12

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wed., November 13

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Spaghetti w Meat Sauce
Green Beans, Yams
Carrots w/ Ranch Roll
Fruit & Milk Choice

Thursday, November 14

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
BBQ Chicken
Broccoli w/ Cheese
Mashed Potatoes Roll
Fruit & Milk Choice

Friday, November 15

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Hot Dog w/ Chili
French Fries
Beans
Fruit & Milk Choice



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

KIDS!
Join us for our
Thanksgiving Feast

Featuring
Turkey & all your favorite trimmings

Thursday, November 21

★ **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	Tuesday, November 19	Wed., November 20	Thursday, November 21	Friday, November 22
<p>Breakfast Cinnamon Roll Fruit, Juice, & Milk Choice</p> <p>Lunch Chef Salad w/ Ham Or Rib Sandwich Sweet Pot Fries Broccoli w/ Cheese Fruit & Milk Choice</p>	<p>Breakfast Sausage Biscuit Fruit, Juice, & Milk Choice</p> <p>Lunch Southwest Salad w/ Chicken Or Chicken Empanadas Corn Salad w/ Ranch Fruit & Milk Choice</p>	<p>Breakfast Pancake Pup Fruit, Juice, & Milk Choice</p> <p>Lunch Chef Salad w/ Ham Or Shepherd's Pie Mixed Vegetables Mashed Potatoes Roll Fruit & Milk Choice</p>	<p>Breakfast French Toast Sticks Fruit, Juice, & Milk Choice</p> <p>Lunch Southwest Salad w/ Chicken Or Turkey Roast Green Beans, Yams, Cranberry Sauce, Brown Rice, Cornbread Dressing Fruit & Milk Choice</p>	<p>Breakfast Cereal Bar or Cereal Fruit, Juice, & Milk Choice</p> <p>Lunch Chef Salad w/ Ham Or Pizza Corn Salad w/ Ranch Fruit & Milk Choice</p>

ENJOY YOUR HOLIDAY!

THANKSGIVING!

SEE YOU MONDAY!