

Menus for NOVEMBER 2018

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

TURKEY TROT.

Thanksgiving dinner can add up to 4500 calories in one sitting! But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories – and enjoy some fresh air, too!



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

AVAILABLE DAILY

Breakfast includes a choice of 100% fruit juice or fruit, and milk. Whole grains are served daily. Lunch meals include a choice of 100% fruit juice or fruit, and choice of milk. Milk choices include: Fat free flavored, skim, and 1% milk



Monday, November 5

Breakfast
Chicken Biscuit or Cereal

Lunch
BBQ Pork w/Garlic Toast
or
Mini Corn Dogs,
Slaw,
Fries,
Green Beans,
Fruit

Tuesday, November 6

Breakfast
Pancake on a Stick or
Biscuit w/Butter & Jelly

Lunch
Beef Taco
or
Chicken Chunks w/Roll,
Lettuce/Tomato,
Refried Beans,
Fruit

Wed., November 7

Breakfast
Gravy Biscuit or
Pop Tart w/Cheese Stick

Lunch
Beef Steak w/Gravy
or
Sweet & Sour Chicken,
Rice,
Sweet Peas,
Steamed Broccoli,
Fruit

Thursday, November 8

Breakfast
Chicken Biscuit or
Cereal Bar w/Cheese Stick

Lunch
Spaghetti w/Meatballs &
Garlic Toast
or
Chili w/Crackers,
Baked Potato,
Garden Salad,
Fruit

Friday, November 9

Breakfast
Sausage Biscuit or Pop Tart

Lunch
Cheese or Pepperoni Pizza
or
Popcorn Chicken
w/Breadstick,
Steamed Corn,
Carrots w/Dip,
Fruit

Thursday, November 1

Breakfast
Blueberry Muffin
w/Cheese Stick
or Egg & Cheese Biscuit

Lunch
Hamburger
or
Hot Dog,
Lettuce/Tomato/Cheese,
Slaw,
Fries,
Fruit

Friday, November 2

Breakfast
Sausage Biscuit or Pop Tart

Lunch
Cheese or Pepperoni Pizza
or
Boneless Hot Wings
w/Garlic Toast,
Steamed Broccoli,
Carrots w/Dip,
Fruit

KIDS!
Join us for our
Thanksgiving Feast

Featuring
Turkey & all
your favorite
trimmings

Thursday, November 15

Monday, November 12

Breakfast
Chicken Biscuit or
Cereal Bar w/Cheese Stick

Lunch
Chicken Tenders
or
Macaroni & Cheese,
Steamed Broccoli,
Garden Salad,
Roll,
Fruit

Tuesday, November 13

Breakfast
Gravy Biscuit or
Cinnamon Roll

Lunch
Beef Nachos
or
Cheesy Breadsticks
w/Marinara Sauce,
Lettuce/Tomato,
Refried Beans,
Fruit

Wed., November 14

Breakfast
Mini Pancakes or Cereal

Lunch
Chili w/Grilled Cheese
Sandwich
or
BBQ Sandwich,
Baked Potato,
Steamed Broccoli,
Fruit

Thursday, November 15

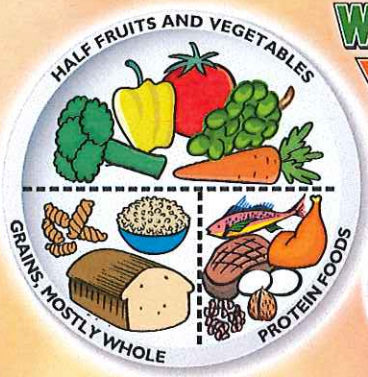
Breakfast
Whole Wheat Honey Bun

Thanksgiving Meal!
Turkey & Dressing,
Green Beans,
Mashed Potatoes,
Sweet Potato Soufflé,
Roll,
Cranberry Sauce,
Fruit
or
Yogurt Plate

Friday, November 16

Breakfast
Sausage Biscuit or
Pop Tart w/Cheese Stick

Lunch
Cheese or Pepperoni Pizza
or
Boneless Hot Wings
w/Garlic Toast,
Steamed Broccoli,
Carrots & Celery Sticks w/Dip,
Fruit



What's on
YOUR
plate?



Find the two dozen Thanksgiving words!

- AMERICA
- COLONY
- COOK
- CORN
- ENGLAND
- FALL
- FAMILY
- FEAST
- FREEDOM
- GRAVY
- HARVEST
- MAIZE
- MAYFLOWER
- PIE
- PILGRIMS
- PLYMOUTH
- PUMPKIN
- SAIL
- SETTLERS
- SQUASH
- STUFFING
- THANKSGIVING
- TURKEY
- YAMS



Monday, November 26	Tuesday, November 27	Wed., November 28	Thursday, November 29	Friday, November 30
Breakfast Chicken Biscuit or Pop Tart	Breakfast French Toast or Blueberry Muffin w/Cheese Stick	Breakfast Cinnamon Roll or Cereal Bar w/Cheese Stick	Breakfast Gravy Biscuit or Pop Tart w/Cheese Stick	Breakfast Bacon Biscuit or Cereal
Lunch Popcorn Chicken or Macaroni & Cheese, Fried Okra, Steamed Broccoli, Breadstick, Fruit	Lunch Beef Nachos or Cheese Quesadilla, Lettuce/Tomato, Refried Beans, Fruit	Lunch Chili Cheese Fritos or Meatball Sub Sandwich, Garden Salad, Cooked Carrots, Fruit	Lunch Hamburger or Chicken Sandwich, Lettuce/Tomato, Baked Beans, Fries, Fruit	Lunch Sack Lunch Day! Turkey Sandwich or PB&J Sandwich, Carrots, Graham Crackers, Baked Chips, Apple

S M K E Y D E Z I A M C N N
 P U M P K I N G G K A O G Z
 M C M R G L G M C O L O N Y
 O M O C R H L F F T T K I X
 B I D S Q U A S H S E D V P
 A S E C O R N M A E A D I I
 J E E I P A D E E V G W G L
 E N R T I L F M Y R N J S G
 O O F M T K Y E S A I L K R
 O C D R G L K M E H F C N I
 L I I P I R E W O L F Y A M
 B S G M U L A R B U U W H S
 Z F A T P O D V S I T U T A
 J F A L L S M A Y H S H Z B

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

VEGETABLE

Butterhead Lettuce

Butterhead lettuce is small with leaves that grow close to the head of the vegetable. The leaves may be light to dark green or a reddish purple color. Small loose-headed greens with tender soft leaves provide a sweet flavor for salads and sandwiches.

OF THE MONTH

NUTRITION TO GO

Some people blame the sleepiness they feel after Thanksgiving dinner on the turkey, which does contain a natural sedative known as tryptophan. But beef and chicken contain this substance, too. Post-meal drowsiness on Thanksgiving is caused by eating an unusually large, multi-course meal, NOT just by the turkey!

A QUICK BITE FOR PARENTS