

# 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

All meals include a fruit and milk choice.

Daily breakfast choices include:

Whole Grain Honey Bun or Blueberry Muffin w/Cheese Stick, Yogurt Parfait, Yogurt Cup w/Breakfast Bar, or Cereal

Daily lunch choices include:

Pre-plated Salad, Pre-plated Turkey or PB&J Sandwich, or Pizza w/Side Salad  
 All offered with: Baked Potato, Soup, and Salad Toppings



**Monday, November 5**

**Breakfast**  
 Chicken or Sausage Biscuit or Pancakes

**Lunch**  
 Chicken Sandwich, Fries, Lettuce/Tomato, Carrots w/Ranch Dip or Bowl of Chili, Queso Cheese & Chips, Fries, Carrots w/Ranch Dip

**Tuesday, November 6**

**Breakfast**  
 Chicken or Sausage Biscuit or French Toast or Oatmeal

**Lunch**  
 Cheeseburger, Lettuce/Tomato, Baked Beans, Fries or Buffalo Chicken, Breadstick, Mashed Potatoes, Celery w/Ranch Dip, Blackeye Peas

**Wed., November 7**

**Breakfast**  
 Chicken or Sausage Biscuit or Pancake on a Stick

**Lunch**  
 BBQ Pork, Texas Toast, Brunswick Stew w/Crackers, Slaw, Baked Beans or Spaghetti w/Meatballs, Garlic Toast, Garden Salad, Broccoli

**Thursday, November 8**

**Breakfast**  
 Chicken or Sausage Biscuit or Bacon, Egg & Cheese Croissant or Oatmeal

**Lunch**  
 Boom Boom Chicken, Mashed Potatoes, Broccoli, Roll or Beef or Chicken Soft Shell Taco, Lettuce/Tomato, Salsa/Peppers, Refried Beans

**Friday, November 9**

**Breakfast**  
 Chicken or Sausage Biscuit or French Toast

**Lunch**  
 Philly Cheese Steak Sandwich, Peppers & Onions, Fries, Steamed Carrots or Fish Sticks or Popcorn Chicken, Macaroni & Cheese, Broccoli, Fried Okra

**Thursday, November 1**

**Breakfast**  
 Chicken or Sausage Biscuit or Bacon, Egg & Cheese Croissant or Oatmeal

**Lunch**  
 Popcorn Chicken, Mashed Potatoes, Roll, Broccoli or Chili Cheese Fritos, Baked Potato or Sweet Potato Fries, Corn, Garden Salad

**Friday, November 2**

**Breakfast**  
 Chicken or Sausage Biscuit or French Toast

**Lunch**  
 Chicken Wraps, Carrots w/Ranch Dip, Lettuce/Tomato, Sweet Potato Fries or Spicy Thai Chicken, Rice, Broccoli, Corn, Fortune Cookie

## Thank You



★ VETERANS' DAY NOVEMBER 11 ★

**Monday, November 12**

**Breakfast**  
 Chicken or Sausage Biscuit or Pancakes

**Lunch**  
 Chicken Tenders or Steak & Gravy, Breadstick, Mashed Potatoes, Broccoli

**Tuesday, November 13**

**Breakfast**  
 Chicken or Sausage Biscuit or French Toast or Oatmeal

**Lunch**  
 Meatball Sub Sandwich w/Marinara Sauce, Slaw, Wedge Fries or Spaghetti or Chicken Alfredo, Garlic Toast, Garden Salad, Broccoli

**Wed., November 14**

**Breakfast**  
 Chicken or Sausage Biscuit or Pancake on a Stick

**Lunch**  
 Chili Cheese Dog, Wedge Fries, Slaw or Beef Queso Nachos, Salsa & Peppers, Corn & Black Beans, Garden Salad

**Thursday, November 15**

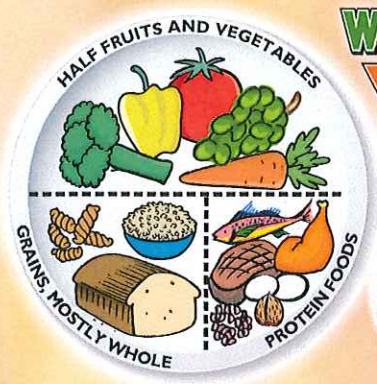
**Breakfast**  
 Chicken or Sausage Biscuit or Bacon, Egg & Cheese Croissant or Oatmeal

**Thanksgiving Meal!!**  
 Turkey & Gravy, Cornbread Dressing, Sweet Potato Casserole, Mashed Potatoes, Green Beans, Cranberry Sauce, Fresh Fruit Choices, Pudding w/Whip Topping

**Friday, November 16**

**Breakfast**  
 Chicken or Sausage Biscuit or French Toast

**Lunch**  
 Chicken or BBQ Sandwich, Lettuce/Tomato, Slaw, Baked Beans, Baked Chips

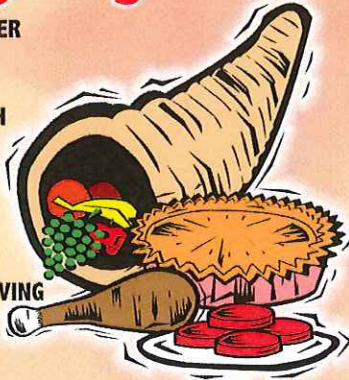


What's on  
**YOUR**  
plate?



**Find the two dozen  
Thanksgiving words!**

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



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](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 26   | Tuesday, November 27  | Wed., November 28  | Thursday, November 29  | Friday, November 30   |
|---|---|--|--|---|
| <b>Breakfast</b><br>Chicken or Sausage Biscuit<br>or Pancakes   | <b>Breakfast</b><br>Chicken or Sausage Biscuit<br>or French Toast or Oatmeal  | <b>Breakfast</b><br>Chicken or Sausage Biscuit<br>or Pancake on a Stick  | <b>Breakfast</b><br>Chicken or Sausage Biscuit<br>or Bacon, Egg & Cheese<br>Croissant or Oatmeal   | <b>Breakfast</b><br>Chicken or Sausage Biscuit<br>or French Toast   |
| <b>Lunch</b><br>Cheeseburger,<br>Wedge Fries, Baked Beans,<br>Lettuce/Tomato,<br>Pickles/Onions,<br>or<br>Chicken Queso Nachos,<br>Salsa/Peppers,<br>Refried Beans,<br>Baked Potato | <b>Lunch</b><br>Beef Vegetable Soup,<br>Cheese or PB&J Sandwich,<br>Garden Salad,<br>Fries<br>or<br>Beef or Chicken Taco Salad,<br>Lettuce/Tomato,<br>Taco Fixings,<br>Corn | <b>Lunch</b><br>BBQ Pork,<br>Texas Toast,<br>Macaroni & Cheese,<br>Slaw, Baked Beans<br>or<br>Spaghetti w/Meatballs,<br>Garlic Toast,<br>Garden Salad,<br>Broccoli | <b>Lunch</b><br>Chicken Sandwich,<br>Curly Fries,<br>Lettuce/Tomato,<br>Carrots w/Dip<br>or<br>Chili Cheese Fritos,<br>Baked Potato,<br>Celery w/Ranch Dip | <b>Lunch</b><br>Chicken Wraps,<br>Broccoli,<br>Lettuce/Tomato,<br>Wedge Fries<br>or<br>Mandarin Orange Chicken,<br>Rice,<br>Mixed Vegetables,<br>Broccoli |

**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**