

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!**

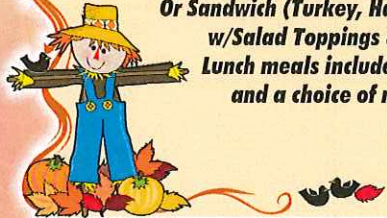
AVAILABLE DAILY

Daily breakfast choices include:

2 Cereal Choices, Yogurt Cup w/Pop Tart, Honey Bun, or Cinnamon Bun
Breakfast includes a choice of 100% fruit juice or fruit, and milk.

Daily lunch choices include:

Pizza w/Daily Veggies, or Pre-plated Salad Or Sandwich (Turkey, Ham or PB&J) w/Salad Toppings & Soup
Lunch meals include a fruit and a choice of milk.



Monday, November 5

Breakfast

Chicken or Sausage Biscuit or French Toast Sticks

Lunch

Boneless Chicken Wings, Mashed Potatoes, Texas Toast, Carrots w/Dip or Spaghetti, Garlic Bread, Garden Salad, Steamed Carrots

Tuesday, November 6

Breakfast

Chicken or Sausage Biscuit or Sausage, Egg & Cheese Biscuit or Mini Pancakes

Lunch

Beef Nachos, Refried Beans, Corn, Lettuce/Tomato, Salsa/Sour Cream or Philly Cheese Steak Sandwich, Peppers & Onions, Fries, Corn

Wed., November 7

Breakfast

Chicken or Sausage Biscuit or Breakfast Pizza or Dutch Waffle

Lunch

BBQ Sandwich, Baked Beans, Broccoli, Tater Tots, Slaw, or Chicken Wraps, Baked Beans, Broccoli, Tater Tots, Slaw, Lettuce/Tomato/Cheese

Thursday, November 8

Breakfast

Chicken, Sausage or Gravy Biscuit or Bacon, Egg & Cheese Biscuit

Lunch

Chili Cheese Fritos, Baked Potato, Garden Salad, Steamed Carrots or Chicken Alfredo, Garden Salad, Garlic Bread, Steamed Carrots

Friday, November 9

Breakfast

Chicken or Sausage Biscuit or French Toast Sticks

Lunch

Hamburger w/Cheese, Fries, Baked Beans, Lettuce/Tomato/Pickles or Hot Ham & Cheese Sandwich, Fries, Baked Beans

KIDS!
Join us for our
Thanksgiving
Feast

Featuring
Turkey & all
your favorite
trimmings



Thursday, November 15

Monday, November 12

Breakfast

Chicken or Sausage Biscuit or French Toast Sticks

Lunch

Boom Boom Chicken, Rice, Roll, Green Beans, Sweet Potato Fries or Philly Cheese Steak Sandwich, Fries, Peppers & Onions, Steamed Carrots

Tuesday, November 13

Breakfast

Chicken or Sausage Biscuit or Sausage, Egg & Cheese Biscuit or Mini Pancakes

Lunch

Chicken Queso Nachos, Refried Beans, Corn, Lettuce/Tomato, Salsa/Sour Cream or Spaghetti, Garlic Bread, Garden Salad, Corn

Wed., November 14

Breakfast

Chicken or Sausage Biscuit or Breakfast Pizza or Dutch Waffle

Lunch

Chicken Sandwich, Baked Chips, Broccoli, Lettuce/Tomato/Pickles or Meatball Sub Sandwich, Baked Chips, Broccoli

Thursday, November 15

Breakfast

Chicken, Sausage or Gravy Biscuit or Bacon, Egg & Cheese Biscuit

Thanksgiving Meal!!

Turkey & Gravy, Dressing, Roll, Mashed Potatoes or Sweet Potato Casserole, Green Beans, Apple Crisp

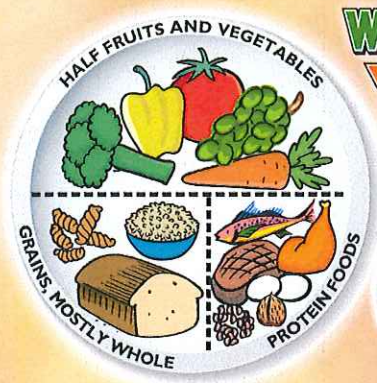
Friday, November 16

Breakfast

Chicken or Sausage Biscuit or French Toast Sticks

Lunch

Hamburger w/Cheese, Fries, Baked Beans, Lettuce/Tomato/Pickles Or Chili Cheese Dog, Fries, Baked Beans, Steamed Carrots

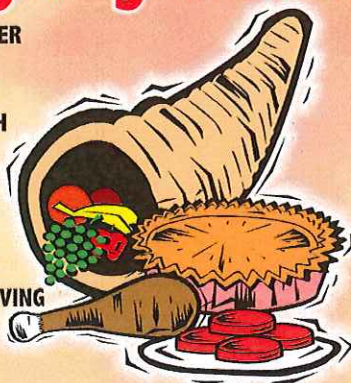


What's on
YOUR
plate?



**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



Monday, November 26	Tuesday, November 27	Wed., November 28	Thursday, November 29	Friday, November 30
Breakfast Chicken or Sausage Biscuit or French Toast Sticks	Breakfast Chicken or Sausage Biscuit or Sausage, Egg & Cheese Biscuit or Mini Pancakes	Breakfast Chicken or Sausage Biscuit or Breakfast Pizza or Dutch Waffle	Breakfast Chicken, Sausage or Gravy Biscuit or Bacon, Egg & Cheese Biscuit	Breakfast Chicken or Sausage Biscuit or French Toast Sticks
Lunch Mandarin Orange Chicken, Rice, Broccoli, Sweet Potato Fries or Pasta Bake, Garlic Bread, Salad, Broccoli	Lunch Chicken Queso Nachos, Refried Beans, Corn, Lettuce/Tomato/Peppers/Salsa or Beef & Cheddar Sandwich, Fries, Steamed Carrots	Lunch Chicken Bacon Ranch Sandwich, Fries, Slaw, Baked Beans, Lettuce/Tomato/Pickles or Hamburger w/Cheese, Fries, Slaw, Baked Beans, Lettuce/Tomato/Pickles	Lunch Boneless Chicken Wings, Macaroni & Cheese, Carrots w/Dip, Fried Okra or BBQ Plate, Macaroni & Cheese, Fried Okra,	Lunch Chili Cheese Fries, Breadstick, Garden Salad or Cheesy Breadsticks w/Marinara Sauce, Baked Potato, Garden Salad

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

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