

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:

Cereal w/Toast or Pop Tart, Honey Bun, or Cinnamon Roll

(all served w/Graham Crackers)

Daily lunch choices include:

Pizza w/Choice of Vegetable, Side Salad, and Beans when available on line or Pre-plated Sandwich or Salad w/Toppings

Lunch and breakfast meals include a fruit and choice of milk.



Monday, November 5

Breakfast
Sausage or Gravy Biscuit or Grits w/Toast or Pancakes

Lunch
Hot Dog or BBQ Plate w/Breadstick, Broccoli, Tater Tots, Baked Beans, Slaw

Tuesday, November 6

Breakfast
Chicken or Gravy Biscuit or Breakfast Pizza

Lunch
Buffalo Chicken or Beef & Gravy, Mashed Potatoes, Peas & Carrots, Roll

Wed., November 7

Breakfast
Sausage or Gravy Biscuit or Dutch Waffle

Lunch
Chili w/Crackers, Baked Potato, Garden Salad, Carrots & Celery Sticks or Spaghetti w/Meatballs, Garlic Bread, Garden Salad, Corn

Thursday, November 8

Breakfast
Chicken or Gravy Biscuit or French Toast Sticks

Lunch
Taco or Spicy Chicken Wrap, Salsa Rice, Refried Beans, Lettuce/Tomato/Peppers, Salsa/Sour Cream

Friday, November 9

Breakfast
Sausage or Gravy Biscuit or Pancake on a Stick

Lunch
Chili Mac & Cheese, Sweet Potato Fries, Broccoli or Fish Sticks, Hushpuppies, Broccoli, Slaw, Baked Beans

Thursday, November 1

Breakfast
Chicken or Gravy Biscuit or French Toast Sticks

Lunch
Corn Dog, Tater Tots, Baked Beans, Slaw or Meatball Sub Sandwich, Garden Salad, Corn

Friday, November 2

Breakfast
Sausage or Gravy Biscuit or Pancake on a Stick

Lunch
Chicken Tenders or Asian Chicken, Rice, Broccoli, Carrots

Monday, November 12

Breakfast
Sausage or Gravy Biscuit or Grits w/Toast or Pancakes

Lunch
Cheesy Breadsticks, Corn, Garden Salad or Beefaroni w/Garlic Bread, Corn, Garden Salad

Tuesday, November 13

Breakfast
Chicken or Gravy Biscuit or Breakfast Pizza

Lunch
Beef & Cheese Nachos or Chicken Fajitas, Broccoli, Lettuce/Tomato, Salsa/Pepeprs, Pinto Beans

Wed., November 14

Breakfast
Sausage or Gravy Biscuit or Dutch Waffle

Lunch
Philly Cheese Steak Sandwich, Peppers & Onions, Fries, Baked Beans or Hot Ham & Cheese Croissant, Baked Beans, Fries

Thursday, November 15

Breakfast
Chicken or Gravy Biscuit or French Toast Sticks

Thanksgiving Meal!!
Turkey w/Gravy, Cornbread Dressing, Green Beans, Mashed Potatoes or Sweet Potatoes, Cranberry Sauce, Apple Crisp

Friday, November 16

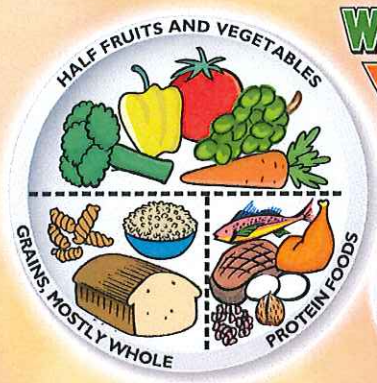
Breakfast
Sausage or Gravy Biscuit or Pancake on a Stick

Lunch
Popcorn Chicken, Rice, Slaw, Broccoli or Corn Dog, Tater Tots, Slaw, Broccoli

KIDS!
Join us for our Thanksgiving Feast

Featuring Turkey & all your favorite trimmings

Thursday, November 15

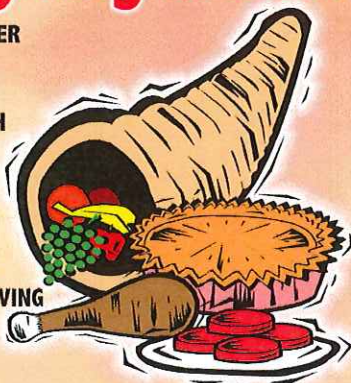


What's on
YOUR
plate?



**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 Sausage or Gravy Biscuit or Grits w/Toast or Pancakes	Breakfast Chicken or Gravy Biscuit or Breakfast Pizza	Breakfast Sausage or Gravy Biscuit or Dutch Waffle	Breakfast Chicken or Gravy Biscuit or French Toast Sticks	Breakfast Sausage or Gravy Biscuit or Pancake on a Stick
Lunch Buffalo Chicken, Carrots & Celery Sticks, Fries, Broccoli, Breadstick or Chili Cheese Fries, Carrots & Celery Sticks, Broccoli, Breadstick	Lunch Chicken Alfredo or Spaghetti, Garlic Bread, Corn, Broccoli, Garden Salad	Lunch Chicken Sandwich Choice (Regular, Grilled or Spicy) or Hamburger w/Cheese, Lettuce/Tomato, Pickles/Onions, Baked Beans, Fries	Lunch Chicken Tenders or Steak & Gravy, Mashed Potatoes, Broccoli, Roll	Lunch BBQ Sandwich or Hot Dog, Tater Tots, Slaw, Baked Beans

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