

Menus for NOVEMBER 2018

Menus are subject to change.

WILD CHILD

The majestic wild turkey is nothing like its barnyard cousin on the Thanksgiving table. The wild ones can run 25 miles an hour and can fly at 50+. They sleep in trees, and the big males have been known to chase off humans who get too close. Wild turkeys prefer to eat nuts, seeds, and berries – but they'll also consume insects, frogs, lizards, and snakes.



ANIMAL APPETITES



Thursday, November 1

Breakfast

French Toast Sticks

Lunch

Hotdog on a Bun
OR
Turkey Wrap

Mashed Sweet Potatoes
Juice
Milk

Friday, November 2

Breakfast

Cereal Bar

Lunch

Cheese Pizza
OR
Jammer

Corn
Fruit
Milk

Monday, November 5

Breakfast

Cereal Bar

Lunch

Chicken Patty
OR
Ham and Cheese Plate

Hashbrown
Fruit
Milk

Tuesday, November 6

Breakfast

Waffles

Lunch

Chicken Enchilada
OR
Turkey Sandwich

Black Beans
Juice
Milk

Wed., November 7

Breakfast

Breakfast Pizza

Lunch

Chicken Tenders
OR
Chicken Ranch Wrap

Spinach Salad
Fruit
Milk

Thursday, November 8

Breakfast

Pancake on a Stick

Lunch

Hamburger on a Bun
OR
Turkey Wrap

Cabbage
Juice
Milk

Friday, November 9

Breakfast

Cereal Bar

Lunch

Pepperoni Pizza
OR
Jammer

Carrots
Fruit
Milk

Tuesday, November 13

Breakfast

Pancakes

Lunch

Beef and Cheese Nacho
Or
Turkey Roll Up

Side Salad
Juice
Milk

Wed., November 14

Breakfast

Breakfast Pizza

Lunch

Calzone
OR
Ham Wrap

Mashed Potatoes
Fruit
Milk

Thursday, November 15

Breakfast

Omelet W/ Bagel

Lunch

Mini Corn Dogs
OR
Turkey Wrap

Refried Beans
Juice
Milk

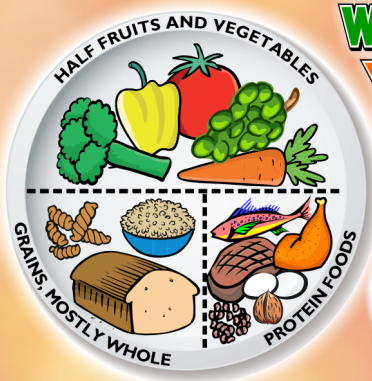
Friday, November 16

Breakfast

Cereal Bar

Lunch

Thanksgiving Feast



**What's on
YOUR
plate?**

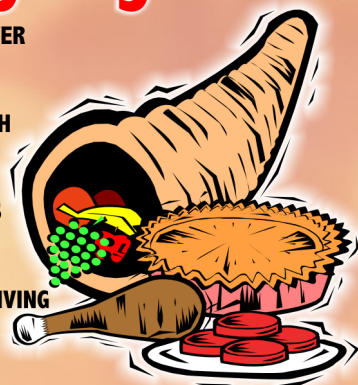


NUTRITION TO GO

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

**Find the two dozen
Thanksgiving words!**

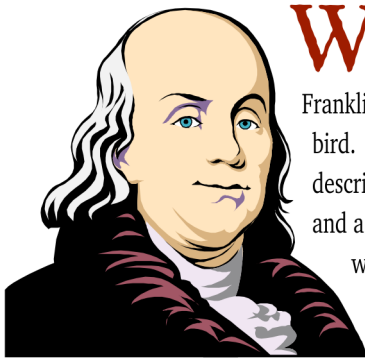


AMERICA COLONY COOK CORN ENGLAND FALL FAMILY FEAST FREEDOM GRAVY HARVEST MAIZE
MAYFLOWER PIE PILGRIMS PLYMOUTH PUMPKIN SAIL SETTLERS SQUASH STUFFING THANKSGIVING TURKEY YAMS

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

★ OUR NATION'S HISTORY ★



When the bald eagle was adopted as a national emblem in 1782, Ben Franklin opposed the choice of that "cowardly" bird. His choice? The noble turkey, which he described as "a much more respectable bird, and a true original Native of America, which would not hesitate to attack a British Soldier who should presume to invade his farm yard with a red coat on."

★ WITH LIBERTY & JUSTICE FOR ALL ★

THANKSGIVING!



ENJOY YOUR
HOLIDAY!
SEE YOU
MONDAY!

Monday, November 19

Breakfast

Cereal Bar

Lunch

NO

LUNCH

SERVED

Monday, November 26

Breakfast

Cereal Bar

Lunch

Chicken Patty
OR
Ham and Cheese Plate

Sweet Potato Fries
Fruit
Milk

Tuesday, November 27

Breakfast

Waffles

Lunch

Chicken and Rice Bowl
OR
Turkey Sandwich

Celery
Juice
Milk

Wed., November 28

Breakfast

Breakfast Pizza

Lunch

Spaghetti W/ Meat Sauce
OR
Chicken Ranch Wrap

Broccoli
Fruit
Milk

Thursday, November 29

Breakfast

Breakfast Burrito

Lunch

Bosco Stick
OR
Turkey Wrap

Baked Beans
Juice
Milk

Friday, November 30

Breakfast

Cereal Bar

Lunch

Pepperoni Pizza
OR
Jammer

Corn
Fruit
Milk