

# 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



Monday, November 5
<b><u>Breakfast</u></b> Cereal Bar
<b><u>Lunch</u></b> Chicken Tenders W/ Roll OR Ham and Cheese Sandwich
Black Beans Fruit Milk

Tuesday, November 6
<b><u>Breakfast</u></b> Waffles
<b><u>Lunch</u></b> Pancakes and Sausage OR Chef Salad
Hashbrown Juice Milk

Wed., November 7
<b><u>Breakfast</u></b> Breakfast Pizza
<b><u>Lunch</u></b> Taco Pie OR Turkey and Cheese Plate
Spinach Salad Fruit Milk

Thursday, November 8
<b><u>Breakfast</u></b> Pancake on a Stick
<b><u>Lunch</u></b> Mini Corn Dogs OR Ham Roll Up
Cabbage Juice Milk

Friday, November 9
<b><u>Breakfast</u></b> Cereal Bar
<b><u>Lunch</u></b> Cheese Pizza OR Jammer
Carrots Fruit Milk

Tuesday, November 13
<b><u>Breakfast</u></b> Pancakes
<b><u>Lunch</u></b> Pretzel W/ Cheese OR Turkey and Cheese Sandwich
Side Salad Juice Milk

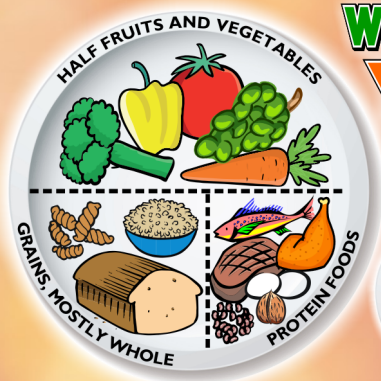
Wed., November 14
<b><u>Breakfast</u></b> Breakfast Pizza
<b><u>Lunch</u></b> Salisbury Steak OR Ham and Cheese Wrap
Mashed Potato Fruit Milk

Thursday, November 15
<b><u>Breakfast</u></b> Omelet W/ Bagel
<b><u>Lunch</u></b> Chicken and Rice Bowl OR Chicken Ranch Wrap
Refried Beans Juice Milk

Friday, November 16
<b><u>Breakfast</u></b> Cereal Bar
<b><u>Lunch</u></b> Thanksgiving Feast

Thursday, November 1
<b><u>Breakfast</u></b> French Toast Sticks
<b><u>Lunch</u></b> Chicken Rings OR Chicken Ranch Wrap
Mashed Sweet Potatoes Juice Milk

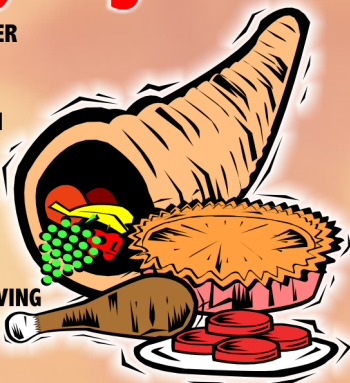
Friday, November 2
<b><u>Breakfast</u></b> Cereal Bar
<b><u>Lunch</u></b> Cheese Pizza OR Jammer
Corn Fruit Milk



**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

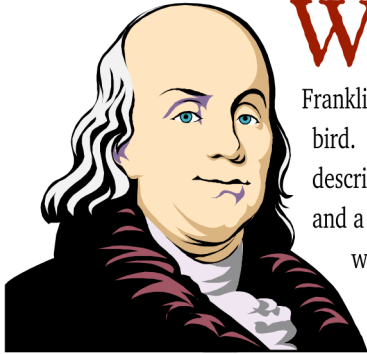


## NUTRITION TO GO

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**

★ 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!

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 19

### Breakfast

Cereal Bar

### Lunch

NO

LUNCH

SERVED

Monday, November 26

### Breakfast

Cereal Bar

### Lunch

Hamburger

OR

Ham and Cheese Sandwich

Sweet Potato Fries  
Fruit  
Milk

Tuesday, November 27

### Breakfast

Waffles

### Lunch

Grilled Cheese Sandwich

OR

Chef Salad

Celery  
Juice  
Milk

Wed., November 28

### Breakfast

Breakfast Pizza

### Lunch

Beef and Cheese Nachos

OR

Turkey and Cheese Plate

Broccoli  
Fruit  
Milk

Thursday, November 29

### Breakfast

Breakfast Burrito

### Lunch

Hotdog

OR

Ham Roll Up

Baked Beans  
Juice  
Milk

Friday, November 30

### Breakfast

Cereal Bar

### Lunch

Cheese Pizza

OR

Jammer

Corn  
Fruit  
Milk