

Menus for NOVEMBER 2018

This 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

Beef Stroganoff
OR
Beef and Bean Burrito

Red Beans
Fruit
Milk

Friday, November 2

Breakfast

Cereal Bowl

Lunch

Pizza Day

Corn
Fruit
Milk

Monday, November 5

Breakfast

Cereal Bowl

Lunch

Chicken Patty
OR
Hotdog

Hashbrown
Fruit
Milk

Tuesday, November 6

Breakfast

Waffles

Lunch

Chicken Enchilada
OR
Beef and Cheese Taco

Black Beans
Fruit
Milk

Wed., November 7

Breakfast

Breakfast Pizza

Lunch

Parmesan Chicken Salad
OR
Ham Wrap

Spinach Salad
Fruit
Milk

Thursday, November 8

Breakfast

Pancake on a Stick

Lunch

Beef Macaroni
OR
Hamburger

Cabbage
Fruit
Milk

Friday, November 9

Breakfast

Cereal Bowl

Lunch

Pizza Day

Carrots
Fruit
Milk

Tuesday, November 13

Breakfast

Pancakes

Lunch

Walking taco
OR
Corn Dog

Refried Beans
Fruit
Milk

Wed., November 14

Breakfast

Breakfast Pizza

Lunch

Salisbury Steak
OR
Turkey Bagel Sandwich

Mashed Potato
Fruit
Milk

Thursday, November 15

Breakfast

Omelet W/ bagel

Lunch

Chicken Potato Bowl
OR
Boneless Buffalo Wings

Side Salad
Fruit
Milk

Friday, November 16

Breakfast

Cereal Bowl

Lunch

Thanksgiving Feast



**What's on
YOUR
plate?**



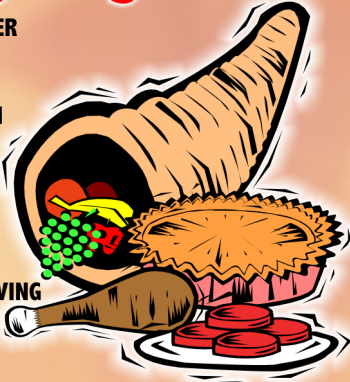
NUTRITION TO GO

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!**

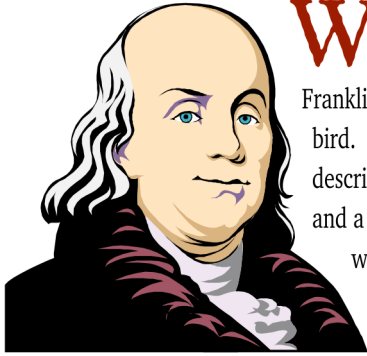
AMERICA COLONY COOK CORN ENGLAND FALL FAMILY FEAST FREEDOM GRAVY HARVEST MAIZE
MAYFLOWER PIE PILGRIMS PLYMOUTH PUMPKIN SAIL SETTLERS SQUASH STUFFING THANKSGIVING TURKEY YAMS



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
<u>Breakfast</u> Cereal Bar
<u>Lunch</u>
NO
LUNCH
SERVED

Monday, November 26	Tuesday, November 27	Wed., November 28	Thursday, November 29	Friday, November 30
<u>Breakfast</u> Cereal Bar	<u>Breakfast</u> Waffles	<u>Breakfast</u> Breakfast Pizza	<u>Breakfast</u> Breakfast Burrito	<u>Breakfast</u> Cereal Bar
<u>Lunch</u> Chicken Patty OR Meatball Sub	<u>Lunch</u> Beef and Cheese Nacho OR Ham and Cheese Panini	<u>Lunch</u> Cowboy Cavatini OR Chicken Ranch Wrap	<u>Lunch</u> Deluxe Cheeseburger OR Chicken Slider	<u>Lunch</u> Chef's Choice
Green Beans Fruit Milk	Celery Fruit Milk	Broccoli Fruit Milk	Baked Beans Fruit Milk	