

Menus for NOVEMBER 2024

This institution is an equal opportunity provider. Menus are subject to change.



STRANGE BUT TRUE!


WATER BIRDS LIKE GEESSE AND SWAINS
MAY GLIDE PEACEFULLY ON THE
WATER AND WADDLE COMICALLY
ON LAND, BUT IN THE AIR THEY
TAKE IT TO A WHOLE DIFFERENT
LEVEL. THEY SOMETIMES MIGRATE
AT 25,000 FEET IN THE AIR -
THAT'S MORE THAN FOUR MILES HIGH!

Friday, November 1

Breakfast
Sausage Gravy Over
WG Biscuit,
Fresh Fruit,
Choice of Milk

Lunch
Cheeseburger on
WG Bun
French Fries
Gr. Leaf/Tomato
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

**DON'T FORGET TO
SET YOUR
CLOCKS BACK
1 HOUR**



Sunday, Nov. 03

FIND THE FIBER.

It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-



important nutrient should look like this stuff: fresh whole fruits and veggies,

beans, nuts, and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get

most of your fiber where it occurs naturally, rather than from highly



processed foods that include fiber as an added ingredient so they can be sold as "high fiber."

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, November 4

Breakfast
WG Pancakes, Syrup,
Sausage Patty,
Banana
Choice of Milk

Lunch
Native Taco w/
Fry Bread
Shred Lettuce, Tomato
Salsa
Fresh Fruits
Choice of Milk
HS,MS Alternate Choice

Tuesday, November 5

Breakfast
WG Breakfast Pizza,
Fresh Fruit,
Fruit Cups,
Choice of Milk

Lunch
Chicken Bowl
(Mashed Potato)
Dinner Roll
Steamed Broccoli
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wed., November 6

Breakfast
Cinn Rolls Or Wg Toast
Scramble Eggs,
Tater Tots, Fresh Fruit
Choice of Milk

Lunch
Chicken Nuggets
Steamed Carrots
Sliced Bread
BBQ Sauce
Fruit Mix
Choice of Milk
HS,MS Alternate Choice

Thursday, November 7

Breakfast
Banana Muffin,
Assorted Yogurt,
Fresh Fruit
Choice of Milk

Lunch
Spaghetti Noodles
w/Meat Sauce
Green Beans
WG Bread Stick
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Friday, November 8

Breakfast
Oatmeal,
PBj Sandwich,
Fresh Fruit
Choice of Milk

Lunch
Pig in a Blanket
Baked Beans
French Fries
Celery Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Monday, November 11

No SCHOOL



Veterans Day

**PLEASE JOIN US
IN SAYING
THANKS TO
THOSE WHO
HAVE SERVED**

Tuesday, November 12

Breakfast
Breakfast Burrito,
Salsa, Assorted Juice,
Fresh Banana,
Choice of Milk

Lunch
Chili Mac
WG Dinner Roll
Steamed Carrots
Cucumber Slices
Ranch Dressing
Choice of Milk
HS, MS Alternate Choice

Wed., November 13

Breakfast
WG Breakfast Pizza,
Fresh Fruit
Choice of Milk

Lunch
Grilled Chicken
Sandwich on Wg Bun
Coleslaw
Gr Leaf/Tomato Slice
Sweet Potato Fries
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, November 14

Breakfast
WG Biscuit,
Sausage Patty
Fresh Fruit
Choice of Milk

Lunch
Salisbury Steak
Mashed Potato
Steamed Broccoli
Wg Dinner Roll
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Friday, November 15

Breakfast
Corn Meal,
Yogurt, Asst. Juice,
Orange Smiles,
Choice of Milk

Lunch
Chicken Fajitas
Black Beans
Shred Lettuce/Tomato
Salsa
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice



What's on
YOUR
plate?

Feast o' Fiber!

Lots of the foods we eat on Thanksgiving are good fiber sources, including all of the ones listed below. Find and color all of the letters in these "fiber foods," and then unscramble the leftover letters to learn the name of one Turkey Day favorite that contains no fiber.

**Broccoli Carrots Pumpkin Pie
Sweet Potatoes Cranberry Sauce**



ANSWER: _____

Even though this favorite food doesn't have any fiber, it's still a nutritious source of high quality protein that's relatively low in fat and calories compared to many other protein foods! Enjoy it along with generous portions of the higher-fiber stuff!

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

KIDS!
Join us for our
Thanksgiving Feast

Featuring
**Turkey & all
your favorite
trimmings**

Wednesday, November 20

★ **OUR NATION'S HISTORY** ★

During World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help our kids learn. Please remember to thank your teachers during this year's American Education Week, November 18-22.

Teacher
EDUCATION

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

Monday, November 18	Tuesday, November 19	Wed., November 20	Thursday, November 21	Friday, November 22
<p>Breakfast Blue Cornmeal, Sausage Patty, Fruit Cups, Choice of Milk</p> <p>Lunch Red Pozole, WG Flour Tortilla, Romaine Salad, Ranch Dressing, Fresh Fruit, Choice of Milk, HS,MS Alternate Choice</p>	<p>Breakfast Cold Cereal, WG Toast, Jelly, Fresh Banana, Choice of Milk</p> <p>Lunch Ravioli, Green Peas, Carrot Sticks, WG Lunch Roll, Fresh Fruit, Choice of Milk, HS,MS Alternate Choice</p>	<p>Breakfast Toasted English Muffin, Hash Brown, Fresh Fruits, Choice of Milk</p> <p>Lunch Turkey Roast, Mashed Potato w/Gravy, Green Beans, Cranberry, Fresh Fruit, Pumpkin Pie, WG Lunch Roll, Choice of Milk</p>	<p>Breakfast WG Bagel, Cream Cheese, Sausage Patty, Fruit Cup, Choice of Milk</p> <p>Lunch Sloppy Joe, French Fries, Tossed Salad, Ranch Dressing, Fruit Mix, Choice of Milk, HS, MS Alternate Choice</p>	<p>Breakfast Cinnamon French Toast, Syrup, Fresh Oranges, Choice of Milk</p> <p>Lunch WG Pepperoni Pizza, Romaine Salad, Ranch Dressing, Celery Sticks, Fresh Fruit, Choice of Milk, HS,MS Alternate Choice</p>

AVAILABLE DAILY @ MS/HS

Monday: Corndogs
Tuesday: Bean Burrito
Wednesday: Pepperoni Pizza
Thursday: Deli Sandwich
Friday: Cook's Choice

Menu are subject to Change



ENJOY YOUR HOLIDAY!
SEE YOU MONDAY 12/02/2024!