



Breakfast Lunch

Friday, November 1st

French Toast Sticks	Chili & Cheese Fries
	Marinated Cucumbers
	Dinner Roll

Monday, November 4th

Cinnamon Toast Crunch Cereal	White Beans and Rice
Cheese String	Green Beans, Cornbread

Tuesday, November 5th

Egg & Cheese Muffin	Frito Pie - Chili, Cheese
	Lettuce, Salsa, Sour Cream

Wednesday, November 6th

Banana Muffin	Oven Fried Chicken
Cheese String	Tator Tots w/ Ketchup
	Broccoli, Dinner Roll

Thursday, November 7th

Maple Pancake	Turkey Taco Bowl -
Chicken Sandwich	Salsa, Cheese, Rice, Corn

Friday, November 8th

Cinnamon Rolls w/ Icing	Hot Dog w/ Chili, Cheese
	French Fries w/ Ketchup

Reinventing Holiday Leftovers

Nothing tastes better than turkey with all the trimmings. But what do we do with all the leftovers? Reinventing your Thanksgiving leftovers makes getting rid of all your extra food less monotonous and more fun. Here are some options to try this Thanksgiving:



- 1) **Chicken Stew:** Start with leftover gravy as the base. Make it hearty with leftover turkey and vegetables. Thicken with mashed potatoes or sweet potatoes. Cook to 165F.
- 2) **Turkey Cranberry Wrap:** Wrap sliced turkey, spread with cranberry sauce and shredded greens in whole wheat tortillas. Add toasted pecans as a suggested topping.
- 3) **Cranberry Smoothies:** Blend cranberries with frozen yogurt and orange juice.
- 4) **Turkey Chef Salad:** Toss cubed turkey with celery, apples, and light mayo with shredded baby spinach.
- 5) **Stuffing Frittata:** Mix stuffing with eggs and cook through, pancake style.
- 6) **Freeze turkey stock in small amounts:** At a later time thaw in the refrigerator and use for cooking pasta, rice or soup instead of using water.

Available Daily

All Meals Served With:

Low Fat White Milk
 Or Non Fat Chocolate Milk
 And Fresh Fruit or Fruit Juice
**Cereal & Cheese String Served
 Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, November 11th

Cinnamon Toast Crunch Cereal	Meatball Marinara on Ciabatta, Steamed Corn
Cheese String	

Tuesday, November 12th

Breakfast Sausage Sandwich	Chicken Tenders, Potato Wedges w/ Ketchup
	Carrots w/ Ranch

Wednesday, November 13th

Blueberry Muffin	BBQ Chicken Thigh
Cheese String	Mac & Cheese
	Baked Beans

Thursday, November 14th

Maple Pancake	Spaghetti and Meat Sauce
Chicken Sausage Sandwich	Broccoli, Breadstick

Friday, November 15th

French Toast Sticks	Chicken & Sausage Gumbo
	Rice, Salad w/ Tomatoes



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



► *Available Daily*

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice
**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, November 18th

Cinnamon Toast Red Beans & Rice
Crunch Cereal Carrots w/ Ranch, Cornbread
Cheese String

Tuesday, November 19th

Egg & Cheese Hamburger w/ French
Muffin Fries, Dressing Cup

Wednesday, November 20th

Banana Muffin Herb Roasted Chicken
Cheese String w/ Rice and Gravy, Peas

Thursday, November 21st

Chicken Biscuit Turkey Roast w/ Gravy
Carrot Souffle, Brown Rice
Sweet Potatoes

Friday, November 22nd

Cinnamon Rolls Lasagna, Green Beans
w/ Icing



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Fall Friendly Foods!

When we think of fall, we immediately think of cooler weather, the leaves changing colors, Halloween, or Thanksgiving. But, did you know that each season has a different group of produce being grown. So when it comes to choosing vegetables for your family this fall, you want to try and choose foods that are at their peak. Here are some foods that are in season this month and some of their benefits:

◇ **Pumpkins** are a great source of vitamin A, potassium, and provide around 3g of fiber per 1/2 cup serving. You can make pumpkin pancakes or waffles, and you can even save the seeds and roast them.



◇ **Brussels Sprouts** are a great source of vitamins A, C, and K; folate; iron; and fiber. Toss them in olive oil or roast them in the oven, to make them more attractive to your kids.

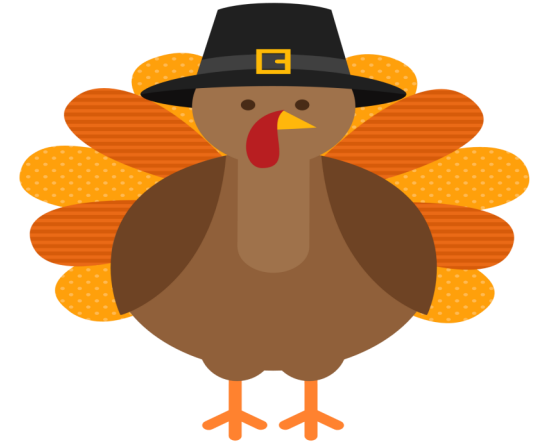


◇ **Apples** are a great source of vitamin C and fiber. You can slice them up and pair with peanut butter or a cheese string to provide your kids with quick "grab and go" snack options.



**Monday, November 25th
Through
Friday, November 29th**

**School Closed
Thanksgiving Holiday**



What's In Season: *Sweet Potatoes*

There are several fall produce options to choose from at your local grocery store or farmers market. One plentiful fall produce option is the sweet potato. They make great breakfast and lunch side dishes to add to your plate. Sweet potatoes also can provide several health benefits:



- 1) They are an excellent source of Vitamin A and Beta Carotene.
- 2) They provide more nutrients and minerals than white potatoes.
- 3) They help boost immunity and heart health.
- 4) They help regulate blood sugar levels.
- 5) They are easily digestible and provide an excellent source of fiber.
- 6) They are an anti-inflammatory and help promote good lung function.