



Breakfast Lunch

Friday, November 1st

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|---------------------|--------------------------|
| French Toast Sticks | Chili & Cheese Fries |
| | Marinated Cucumbers |
| | Dinner Roll |
| | Turkey & Cheese Ciabatta |
| | Southwest Salad |

Monday, November 4th

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|---------------------------|------------------------|
| Yogurt Parfait w/ Granola | White Beans and Rice |
| | Green Beans, Cornbread |
| | Cheese Pizza |
| | California Salad |

Tuesday, November 5th

- | | |
|---------------------------|----------------------------|
| Chicken and Maple Waffles | Frito Pie - Chili, Cheese |
| | Lettuce, Salsa, Sour Cream |
| | Chicken Ranch Sandwich |
| | Hot Dog w/ Chili |

Wednesday, November 6th

- | | |
|---------------|------------------------|
| Banana Muffin | Oven Fried Chicken |
| | Tator Tots w/ Ketchup |
| | Broccoli, Dinner Roll |
| | Pepperoni Pizza |
| | Chicken Ranch Sandwich |

Thursday, November 7th

- | | |
|-----------------|--------------------------------|
| Grits w/ Butter | Turkey Tacos w/ Tortillas |
| Sausage Links | Salsa, Cheese, Lettuce, Corn |
| | Meatball Sub Ciabatta |
| | Honey Mustard Chicken Sandwich |

Friday, November 8th

- | | |
|-------------------------|--------------------------|
| Cinnamon Rolls w/ Icing | Hot Dog w/ Chili, Cheese |
| | French Fries w/ Ketchup |
| | Turkey & Cheese Ciabatta |
| | Southwest Salad |

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

No School

Tuesday, November 12th

- | | |
|------------------|-------------------------|
| Scrambled Eggs | Chicken Tenders, Potato |
| Biscuit w/ Jelly | Wedges w/ Ketchup |
| | Carrots w/ Ranch |
| | Chicken Ranch Sandwich |
| | Hot Dog w/ Chili |

Wednesday, November 13th

- | | |
|------------------|------------------------|
| Blueberry Muffin | BBQ Chicken Thigh |
| | Mac & Cheese, Baked |
| | Beans, Green Beans |
| | Pepperoni Pizza |
| | Chicken Ranch Sandwich |

Thursday, November 14th

- | | |
|--------------------------|--------------------------------|
| Maple Pancake | Spaghetti and Meat Sauce |
| Chicken Sausage Sandwich | Green Beans, Breadstick |
| | Meatball Sub Ciabatta |
| | Honey Mustard Chicken Sandwich |

Friday, November 15th

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|---------------------|--------------------------|
| French Toast Sticks | Chicken & Sausage Gumbo |
| | Rice, Salad w/ Tomatoes |
| | Turkey & Cheese Ciabatta |
| | Southwest Salad |

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

Yogurt Parfait w/ Granola
Red Beans & Rice
Carrots w/ Ranch, Cornbread
Chicken Ranch Salad
Baked Potato w/ Chili & Sour Cream

Tuesday, November 19th

Maple Pancake
Chicken Sandwich
Hamburger w/ French Fries, Dressing Cup
Turkey & Cheese Panini
Garden Salad w/ Ham

Wednesday, November 20th

Banana Muffin
Herb Roasted Chicken w/ Rice and Gravy, Peas
Salad w/ Carrots
Hamburger, Dressing Cup
Hot Dog w/ Chili

Thursday, November 21st

Grits w/ Butter
Sausage Links
Turkey Roast w/ Gravy
Carrot Souffle, Brown Rice
Sweet Potatoes
Honey Mustard Chicken Sandwich
Chicken Parm Panini

Friday, November 22nd

Cinnamon Rolls w/ Icing
Lasagna, Green Beans
Pepperoni Pizza
Buffalo Chicken Wrap

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.



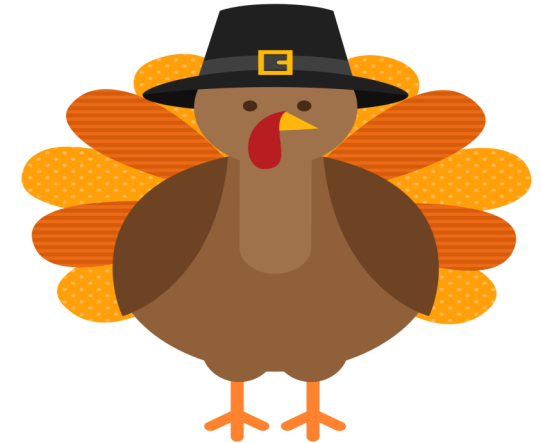
◇ **Apples** are a great source of vitamin C and fiber. You can slice them up and pair with peanut butter or a cheese string to provide your kids with quick “grab and go” snack options.



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**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.