

Menus for NOVEMBER

This institution is an equal opportunity provider.

Monday, November 5

Breakfast

Cereal or Muffin-Grahams-Fruit Cup-Milk

Lunch

Popcorn Chicken
Mashed Sweet Potato's W/MM Topping
Chilled Peaches
Milk
Ketchup

Tuesday, November 6

Breakfast

Cereal or Glazed Donut-Grahams-Flavored Applesauce
Milk

Lunch

Cheeseburger/Bun
Baked Beans
Watermelon
Raisels
Milk

Wed., November 7

Breakfast

Cereal or Chocolate Bread-Grahams-Fruit Cup-Milk

Lunch

Chicken Fajita W/ Soft Shell/Cheese
Fresh Romaine Salad/Dressing
Fresh Grapes
Milk

Monday, November 12

Breakfast

Cereal or Honey Roll-Grahams-Fruit Cup-Milk

Lunch

Chicken Nuggets
Mashed Potato's & Gravy
Pear Slices
Milk
Ketchup

Tuesday, November 13

Breakfast

Cereal or Mini Donuts-Grahams-Applesauce-Milk

Lunch

Tater-Tot Casserole
Steamed Corn
Chilled Peaches
Milk

Wed., November 14

Breakfast

Cereal or Muffin-Grahams-Raisins-Milk

Lunch

Nacho's (Meat-Cheese-Chips)
Refried Beans W/ Cheese & Salsa
Fresh Grapes
Milk

Thursday, November 1

Breakfast

Cereal or Mini Donuts-Grahams-Banana-Milk

Lunch

Soft Taco W/Soft Shell/Cheese
Black Beans
Fresh Orange Slices

Friday, November 2

Breakfast

Cereal or Mini Loaf-Grahams-Raisins-Milk

Lunch

Corn Dog
Steamed Peas
Chilled Applesauce
Milk
Ketchup/Mustard

TURKEY TROT.

Thanksgiving dinner can add up to 4500 calories in one sitting! But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories - and enjoy some fresh air, too!



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

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 8

Breakfast

Cereal or Cherry Frudel-Grahams-Apple Slices-Milk

Lunch

Homemade Chili W/Crackers
Red Pepper Strips W/Dip
Frozen Juice Treat
Milk

Friday, November 9

Breakfast

Cereal or Banana Loaf-Grahams-Raisins-Milk

Lunch

Asian Chicken W/ Rice
Steamed Broccoli
Mandarin Oranges
Milk

Thursday, November 15

Breakfast

Cereal or Chocolate Bread-Grahams-Banana-Milk

Lunch

Cheese Pizza
Fresh Romaine Salad/Dressing
Chilled Peaches
Milk

Friday, November 16

Breakfast

Cereal or Apple Frudel-Grahams-Apple Slices-Milk

Lunch

Hot Dog/Bun
Potato Medley
Cranraisins
Milk