

Menus for NOVEMBER 2024

*This institution is an equal opportunity provider and employer.
Menus are Subject to Change.*

Friday, November 1

Breakfast

WG Pancake & Sausage Patty
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Chicken Taquito
1/4 c Mixed Vegetables
1 ea Milk and 1/2 c Fruit

Snack

WG Belly Bear Grahams
Low-Fat Milk

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



SUNDAY, NOV. 3

AVAILABLE DAILY

**MILK IS SERVED AT EVERY
BREAKFAST, LUNCH & SNACK**

**1-2 YR. OLD = 1/2 CUP WHOLE
UNFLAVORED MILK**

**& 2-5 YR. OLD = 3/4 CUP 1%
UNFLAVORED MILK**

**ALL GRAINS OFFERED
ARE WHOLE GRAIN RICH**

**Early Head Start (EHS)
FOOD ITEMS
ARE MODIFIED & ADJUSTED FOR
TODDLERS**



Monday, November 4

Breakfast

1 ea WG Waffle
1 ea Milk and 1/2 c Fruit

Lunch

1/2 ea RibBq Sandwich (EHS)
1 ea RibBq Sandwich (HS)
1/4 c Green Peas
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Rainbow Goldfish
1 ea Milk

Tuesday, November 5

Breakfast

1 ea WG Pizza Bagel
1 ea Milk and 1/2 c Fruit

Lunch

6 ea Popcorn Chicken (EHS)
12 ea Popcorn Chicken (HS)
1 ea WG Biscuit
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea Low-Fat Yogurt
1 ea Milk

Wednesday, November 6

Breakfast

1 ea WG French Toast Sticks
1 ea Milk and 1/2 c Fruit

Lunch

1/2 ea WG Cheese French Bread
Pizza (EHS)
1 ea WG Cheese French Bread
Pizza (HS)
1/4 c Broccoli
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Strawberry Waffle
1 ea Milk

Thursday, November 7

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

New Item: Pulled Pork Nachos
(EHS) w/ 1 ea Corn Tortilla
(HS) w/ 1 ea Scoops
1/4 c Refried Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Vanilla Dino Bites
1 ea Milk

Friday, November 8

Breakfast

1 ea WG Blueberry Muffin
1 ea Milk and 1/2 c Fruit

Lunch

1/2ea Grilled Cheese Sandwich
(EHS)
1 ea Grilled Cheese Sandwich (HS)
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Jungle Crackers
1 ea Milk

Monday, November 11



**Veteran's Day
No School
Today**

Tuesday, November 12

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Bean & Cheese Burrito
1/4 c Green Peas
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Scooby Doo Graham
1 ea Milk

Wednesday, November 13

Breakfast

1 ea Bagel & Cream Cheese
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Pizza Slider (EHS)
2 ea WG Pizza Sliders (HS)
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

Snack

1 ea Slices Apples & Sunbutter
Cups
1 ea Milk

Thursday, November 14

Breakfast

1 ea WG Pancakes
1 ea Milk and 1/2 c Fruit

Lunch

2 ea Chicken Tenders &
1 ea Garlic Breadstick
1/4 c Broccoli
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Belly Bear Grahams
1 ea Milk

Friday, November 15

Breakfast

1 ea WG Toast & Egg Patty
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Turkey Ham & Cheese
Sandwich
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Vanilla Sports Bites
1 ea Milk

**Many
Moons**

Native Americans had special names for every full moon of the year. One name for the November full moon is the "Freezing River Maker Moon," because November is when the cold weather sets in.



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

Thursday, November 21

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	Wednesday, November 20	Thursday, November 21	Friday, November 22
<p>Breakfast 1 ea WG Waffle 1 ea Milk and 1/2 c Fruit</p> <p>Lunch 1 ea WG Chicken Sandwich 1/4 c Green Peas 1 ea Milk and 1/2 c Fruit</p> <p>Snack 1 ea WG Belly Bear Grahams 1 ea Milk</p>	<p>Breakfast 1 ea WG Pizza Bagel 1 ea Milk and 1/2 c Fruit</p> <p>Lunch 1 ea WG Beef Taco Stick 1/4 c Refried Beans 1 ea Milk and 1/2 c Fruit</p> <p>Snack 1 ea WG Tuna Salad w/ Savory Herb Crackers 1 ea Milk</p>	<p>Breakfast 1 ea WG French Toast Sticks 1 ea Milk and 1/2 c Fruit</p> <p>Lunch 1 ea WG Cheese Calzone 1/4 c Yellow Corn 1 ea Milk and 1/2 c Fruit</p> <p>Snack 1 ea WG Cheez-Its 1 ea Milk</p>	<p>Breakfast 1 ea WG Pancakes 1 ea Milk and 1/2 c Fruit</p> <p>Lunch 1/4 c Turkey & Gravy 1/4 c Mashed Potatoes 1 ea Milk and 1/2 c Fruit</p> <p>Snack 1 ea WG States & Capital 1 ea Milk</p>	<p>Breakfast 1 ea WG Blueberry Muffin 1 ea Milk and 1/2 c Fruit</p> <p>Lunch 6 ea Popcorn Chicken (EHS) 12 ea Popcorn Chicken (HS) 1 ea WG Roll 1/4 c Green Beans 1 ea Milk and 1/2 c Fruit</p> <p>Snack 1 ea WG Jungle Crackers 1 ea Milk</p>

Monday, December 2

Breakfast
1 ea WG Cornbread Poppers
1 ea Milk and 1/2 c Fruit

Lunch
2 ea WG Chicken Tenders & 1 ea Hawaiian Roll
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack
1 ea WG Cheddar Goldfish
1 ea Milk

THANKSGIVING!

ENJOY YOUR HOLIDAY!

SEE YOU MONDAY!

THURSDAY, NOVEMBER 28, 2024

Classes will resume on Monday, December 02, 2024