

WHOLE GRAIN RICH.

Whole-grain foods contain more fiber, vitamins, and minerals than refined grains. That's why we've been gradually adding whole-grain rich foods to our menus for years. And that's also why, within two years, ALL of the grains we serve will be whole-grain rich.



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

DON'T 4GET!

Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

Students may purchase meals by the day, week, month or year.

Word of the Month

com·mit·ment

- n.* 1. the act of keeping to a promise, charge, or trust
2. an agreement or pledge to do something 3. one's level of dedication to a task



NOVEMBER BIRTHDAYS

Emma Stone (24) -- Nov. 6
"God Bless America" (74) -- Nov. 11
Elizabeth Cady Stanton -- Nov. 12
Joe Biden (70) -- Nov. 20
Scott Joplin -- Nov. 24
Louisa May Alcott -- Nov. 29



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Thank You



★ VETERANS' DAY NOVEMBER 11 ★

Monday, November 5

Hotdog/Bun
Peaches

May Choose 2:
Baked Beans
Sweet Potato
Fries

Choice of Cold
Milk

Tues., November 6

Cheeseburger/
Bun
Fresh Pear

May Choose 2:
French Fries
Broccoli

Choice of Cold
Milk

Wed., November 7

Spaghetti/Meat
Sauce
Mandarin Oranges

May Choose 2:
Corn
Fresh Carrots

Choice of Cold
Milk

Thurs., November 8

BBQ/Swirl Bun
Fresh Apple

May Choose 2:
Coleslaw
Chilled Beets

Choice of Cold
Milk

Friday, November 9

Cheese Pizza
Pineapple

May Choose 2:
Fresh Carrots
Green Peas

Choice of Cold
Milk

Thurs., November 1

CornDog
Peaches

May Choose 2:
Green Beans
Sliced Carrots

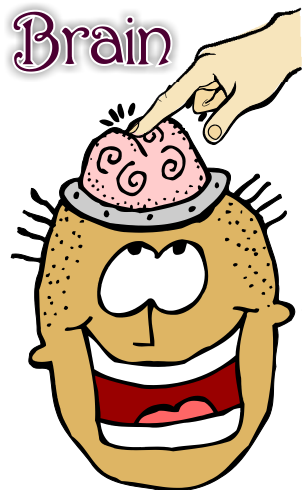
Choice of Cold
Milk

Friday, November 2

Pepperoni Pizza
Mixed Fruit

May Choose 2:
Corn
Green Peas

Choice of Cold
Milk



Brain Ticklers

What kind of music did the Pilgrims play for the first Thanksgiving?

(Hold the page upside down and read it in a mirror for the answer!)

by Emma Brock

Mon., November 12

CornDog

Apple Slices

May Choose 2:
Navy Beans
Mixed Vegetables

Choice of Cold
Milk

Tues., November 13

Chicken Nuggets
Brown Rice

Mixed Fruit

May Choose 2:
Stewed Tomatoes
Fresh Carrots

Choice of Cold
Milk

Wed., November 14

Fish Sticks/Roll

Fresh Banana

May Choose 2:
Kale
Yams

Choice of Cold
Milk

Thurs., November 15

Ham/Cheese/Bun

Fresh Orange

May Choose 2:
Green Beans
Mashed Potatoes

Choice of Cold
Milk

Friday, November 16

Pepperoni Pizza

Applesauce

May Choose 2:
Corn
Lima Beans

Choice of Cold
Milk

Mon., November 19

Hotdog/Bun

Peaches

May Choose 2:
Baked Beans
Sweet Potato
Fries

Choice of Cold
Milk

Tues., November 20

Turkey/Dressing/
Gravy/Roll

Applesauce

May Choose 2:
Kale
Yams

Choice of Cold
Milk

BREAKFAST MENU:

Cereal/graham crackers are a daily entrée choice.
Other choices include:

Monday—Breakfast Pizza OR Yogurt/
Graham Crackers

Tuesday—Pancake/Sausage Wrap OR
Super Donut

Wednesday—Mini-Pancakes OR
WW Cinnamon Bun

Thursday—Sausage Patty on WG Biscuit
OR WG Frudel

Friday—WG Pop Tarts OR
French Toast Sticks

Fruit or Juice served daily.

Choice of Cold Milk

Lunch Choices: 1)**Chef Salad** Daily with
access to fruit/veggies on regular line

2)**Yogurt/Cheese stick/Crackers kit**
with access to fruit/veggies on line

Mon&Fri

3) **Snack Attack Meal** on Tues, Wed, &
Thurs with Yogurt, Cheese Stick, Crack-
ers, Fruit, and Veggies pre-packed.

Menus are subject to change without no-
tice due to product availability.

Wed., November 21

Cheese Pizza

Pineapple

May Choose 2:
Fresh Carrots
Green Peas

Choice of Cold
Milk



See you back here
on Monday,
November 26!



Mon., November 26

CornDog

Applesauce

May Choose 2:
Navy Beans
Mixed Vegetables

Choice of Cold
Milk

Tues., November 27

Chicken Nuggets
Brown Rice

Mixed Fruit

May Choose 2:
Stewed Tomatoes
Fresh Carrots

Choice of Cold
Milk

Wed., November 28

Fish Sticks/Roll

Fresh Banana

May Choose 2:
Kale
Yams

Choice of Cold
Milk

Thurs., November 29

Ham/Cheese/Bun

Fresh Orange

May Choose 2:
Green Beans
Mashed Potatoes

Choice of Cold
Milk

Friday, November 30

Pepperoni Pizza

Apple Slices

May Choose 2:
Corn
Lima Beans

Choice of Cold
Milk