

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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Thurs., November 1

CornDog

Peaches
Fresh Apple
Green Beans
Sliced Carrots

Choice of Cold
Milk

Friday, November 2

Pepperoni Pizza

Mixed Fruit
Fresh Orange
Corn
Green Peas

Choice of Cold
Milk

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

Monday, November 5

Hotdog/Bun

Peaches
Mixed Fruit
Baked Beans
Sweet Potato
Fries

Choice of Cold
Milk

Tues., November 6

Cheeseburger/
Bun

Fresh Pear
Applesauce
French Fries
Broccoli

Choice of Cold
Milk

Wed., November 7

Spaghetti/Meat
Sauce

Mandarin Oranges
Fresh Banana
Corn
Fresh Carrots

Choice of Cold
Milk

Thurs., November 8

BBQ/Swirl Bun

Fresh Apple
Pears
Coleslaw
Chilled Beets

Choice of Cold
Milk

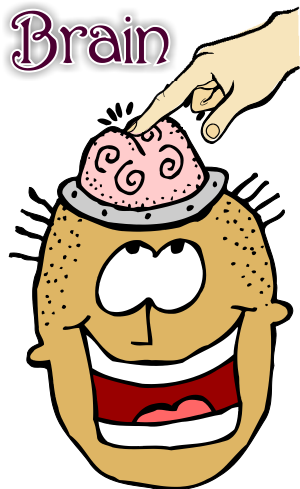
Friday, November 9

Cheese Pizza

Pineapple
Fresh Orange
Fresh Carrots
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
Peaches
Navy Beans
Mixed Vegetables

Choice of Cold
Milk

Tues., November 13

Chicken Nuggets
Brown Rice, Roll

Mixed Fruit
Fresh Apple
Stewed Tomatoes
Fresh Carrots

Choice of Cold
Milk

Wed., November 14

Fish Sticks/Roll

Fresh Banana
Pineapple
Kale
Yams

Choice of Cold
Milk

Thurs., November 15

Ham/Cheese/Bun

Fresh Orange
Pears
Green Beans
Mashed Potatoes

Choice of Cold
Milk

Friday, November 16

Pepperoni Pizza

Applesauce
Fresh Pear
Corn
Lima Beans

Choice of Cold
Milk

Mon., November 19

Hotdog/Bun

Peaches
Mixed Fruit
Baked Beans
Sweet Potato
Fries

Choice of Cold
Milk

Tues., November 20

Turkey/Dressing/
Gravy/Roll

Applesauce
Fresh Pear
Kale
Yams

Choice of Cold
Milk

BREAKFAST MENU:

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

Monday—Breakfast Pizza

Tuesday—Pancake/Sausage Wrap

Wednesday—Frudel

Thursday—Sausage Patty on WG Biscuit

Friday—WG Pop Tarts

Fruit or Juice served daily.

Choice of Cold Milk

Snack Attack Meal on Tues., Wed., & Thurs with Yogurt, Cheese Stick, Crackers, Fruit, and Veggies pre-packed.

Menus are subject to change without notice due to product availability.

Wed., November 21

Cheese Pizza

Pineapple
Fresh Orange
Fresh Carrots
Green Peas

Choice of Cold
Milk



See you back here
on Monday,
November 26!



Mon., November 26

CornDog

Applesauce
Peaches
Navy Beans
Mixed Vegetables

Choice of Cold
Milk

Tues., November 27

Chicken Nuggets
Brown Rice, Roll

Mixed Fruit
Fresh Apple
Stewed Tomatoes
Fresh Carrots

Choice of Cold
Milk

Wed., November 28

Fish Sticks/Roll

Fresh Banana
Pineapple
Kale
Yams

Choice of Cold
Milk

Thurs., November 29

Ham/Cheese/Bun

Fresh Orange
Pears
Green Beans
Mashed Potatoes

Choice of Cold
Milk

Friday, November 30

Pepperoni Pizza

Apple Slices
Fresh Pear
Corn
Lima Beans

Choice of Cold
Milk