

Monday, November 3

WG French Toast w/ sausage OR PB & J/SB &J

Peaches Tater Tots 100% Fruit Juice White or Chocolate Milk

Tuesday, November 4

Chalupa OR BBQ Chicken Burger

Baked Sweet Potato & Apple KK Fires Mixed Fruit White or Chocolate Milk

FIND THE FIBER.

It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-



important nutrient should look like this stuff: fresh whole fruits and veggies,

beans, nuts, and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get

most of your fiber where it occurs naturally, rather than from highly



processed foods that include fiber as an added ingredient so they can be sold as "high fiber."

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

Wednesday, November 5

Chicken Fajita Quesadilla OR Corn Pups

Tater Tots
Mandarin Oranges
100% Fruit Juice
White or Chocolate
Milk

Thursday, November 6

Spaghetti w/ meat sauce w/bread stick OR Philly Steak Hoagie

Corn Applesauce Roamine Salad White or Chocolate Milk

Friday, November 7

Chicken Nuggets w/ Rice OR Pollock Hoagie

Green Beans Baked Beans Pears White or Chocolate Milk

Monday, November 10

Corn Pups OR Salmon Burrito

KK Fries Strawberry Applesauce Cups 100% Fruit Juice White or Chocolate Milk

Tuesday, November II

Fish Nuggets Or Asian Chicken w/ rice

Pineapple Baked Beans Green Beans White or Chocolate Milk

Wednesday, November 12

Sliders OR Pizza

Carrots w/ Ranch
Tater Tots
Whole Fruit Orange/
pineapple swirl Fruit
Cup
White or Chocolate
Milk



Thursday, November 13

Chili Spud Bowl Breaded Chicken Burger

Winter Mix Vegetable Chilled Pears 100% Fruit Juice White or Chocolate Milk

Friday, November 14

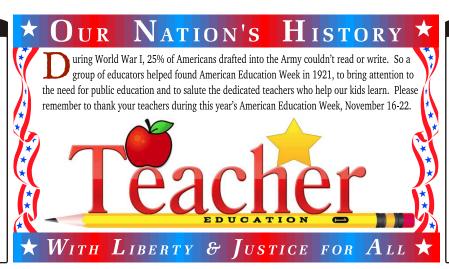
Chicken Fried Beef OR Egg Roll both w Rice

Fresh Broccoli Sweet Potato Fries Peaches White or Chocolate Milk

Monday, November 17

Beef Teriyaki Nuggets w/Rice OR Breaded Chicken Sandwich

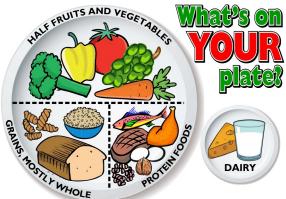
Baked Beans Carrots 'N' Dip Mixed Fruit White or Chocolate Milk



Tuesday, November 18

BB-Q Pork Sandwich Or Chicken Nuggets w/Chow Mein

Sweet Potato KK Chilled Pears 100% Fruit Juice White or Chocolate Milk



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

CHAIRS DAIRY PROPERLY Take or least ONE FRUIT PEGGA.

.. and of least three of the five items total

so your meal counts as a complete lunch!

Wednesday, November 19

Popcorn Chicken Or Garlic Roasted Fish Both w/ WG Roll

Tater Tots Peaches Banana White or Chocolate Milk

Thursday, November 20

Cheese Stick w/ Dunker Sauce

> Or Chulpa

Spinach Salad Green Beans 100% Fruit Juice White or Chocolate Milk

Friday, November 21

Teriyaki Fingers w/ Chow Mein Or Turkey Ham Hoagie

Winter Mix Vegetables Pineapple Applesauce White or Chocolate Milk

Monday, November 24

Ravioli w/Bread Stick Or Pizza

Carrots w/ Ranch Mandarin Orange Pieces 100% Fruit Juice White or Chocolate Milk

Tuesday, November 25

Manwich Sloppy Joe Or Spicy Chicken Strips

Pineapple Orange Wedges Steamed Broccoli

White or Chocolate Milk

Wednesday, November 26

Corn Pups Or Sliders

Sweet Potato Fries
Applesauce
100% Fruit Juice
Chocolate Chip
Cookie
White or Chocolate
Milk

