



**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 11**

**Fish Nuggets  
Or Asian Chicken w/  
rice**

**Pineapple  
Baked Beans  
Green Beans  
White or Chocolate  
Milk**

# Thank You



★ VETERANS' DAY NOVEMBER 11 ★

**Wednesday, November 12**

**Sliders  
OR  
Pizza**

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

## Penguin

"Penguin" comes from the words meaning "white head" in Welsh. Anyone notice a problem here?

## Word play



**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**

**★ 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 16-22.

**Teacher**

EDUCATION

**★ WITH LIBERTY & JUSTICE FOR ALL ★**

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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**DON'T 4GET!**



... and at 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**

