

Monday, November 3

WG French Toast w/ sausage

Peaches Tater Tots 100% Fruit Juice White or Chocolate Milk

Tuesday, November 4

Chalupa

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 guinoa) 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 **Ouesadilla**

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

Thursday, November 6

Spaghetti w/ meat sauce w/bread stick

Corn **Applesauce** Roamine Salad White or Chocolate Milk

Friday, November 7

Chicken Nuggets w/ Rice

Green Beans Baked Beans Pears White or Chocolate Milk

Monday, November 10

Corn Pups

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

Tuesday, November II

Fish Nuggets w/Rice

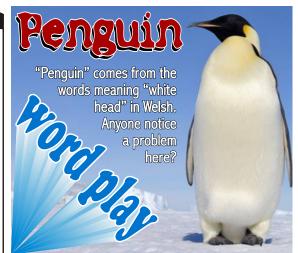
Pineapple Baked Beans Green Beans White or Chocolate Milk



Wednesday, November 12

Sliders

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



Thursday, November 13

Chili Spud Bowl

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

Friday, November 14

Chicken Fried Beef w/ rice

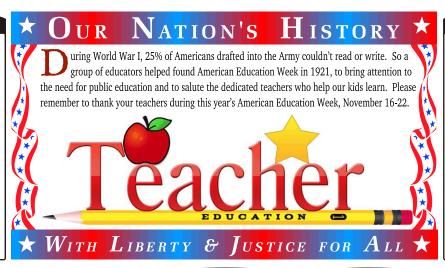
Fresh Broccoli **Sweet Potato Fries Peaches** White or Chocolate Milk

Monday, November 17

Beef Teriyaki Nuggets w/Rice

Baked Beans Carrots 'N' Dip Mixed Fruit Milk

White or Chocolate Milk



Tuesday, November 18

BB-Q Pork Sandwich

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.

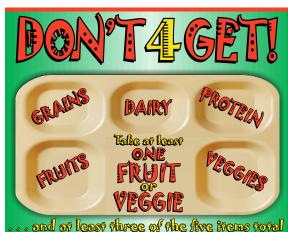
Broccoli Carrots Pumpkin Pie Sweet Potatoes Cranberry Sauce



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



so your meal counts as a complete lunch!

Wednesday, November 19

Popcorn Chicken w/ WG Roll

Tater Tots Peaches Banana

White or Chocolate Milk

Thursday, November 20

Cheese Stick w/ Dunker Sauce

Spinach Salad Green Beans 100% Fruit Juice

White or Chocolate

Friday, November 21

Teriyaki Fingers w/ Chow Mein

> Winter Mix Vegetables Pineapple Applesauce

White or Chocolate Milk

Monday, November 24

Ravioli w/Bread Stick

Carrots w/ Ranch Mandarin Orange Pieces 100% Fruit Juice

White or Chocolate Milk

Tuesday, November 25

Manwich Sloppy Joe

Pineapple Orange Wedges Steamed Broccoli Milk

White or Chocolate Milk

Wednesday, November 26

Corn Pups

Sweet Potato Fries Applesauce 100% Fruit Juice Chocolate Chip Cookie

White or Chocolate Milk

