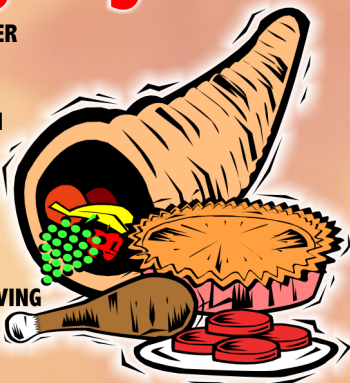


**What's on
YOUR
plate?**

**Find the two dozen
Thanksgiving words!**

AMERICA COLONY COOK CORN ENGLAND FALL FAMILY FEAST FREEDOM GRAVY HARVEST MAIZE
MAYFLOWER PIE PILGRIMS PLYMOUTH PUMPKIN SAIL SETTLERS SQUASH STUFFING THANKSGIVING TURKEY YAMS



NUTRITION TO GO

Some people blame the sleepiness they feel after Thanksgiving dinner on the turkey, which does contain a natural sedative known as tryptophan. But beef and chicken contain this substance, too. Post-meal drowsiness on Thanksgiving is caused by eating an unusually large, multi-course meal, NOT just by the turkey!

A QUICK BITE FOR PARENTS

Monday, November 18

No School!

Parent Teacher Conferences!



Tuesday, November 19

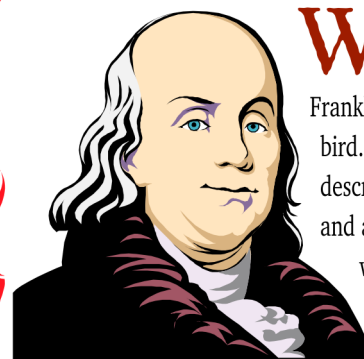
Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Funnel Cake with Sausage

Lunch

Lasagna Roll up with Garlic
Bread Stick
Hot Dog on a Roll
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Fresh Veggies/ Sauerkraut
Fruit and Milk

★ OUR NATION'S HISTORY ★



When the bald eagle was adopted as a national emblem in 1782, Ben Franklin opposed the choice of that "cowardly" bird. His choice? The noble turkey, which he described as "a much more respectable bird, and a true original Native of America, which would not hesitate to attack a British Soldier who should presume to invade his farm yard with a red coat on."

★ WITH LIBERTY & JUSTICE FOR ALL ★

Friday, November 22

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
French Toast Sticks

Dominos -Lunch

Plain or Pepperoni Pizza
Fish Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Zesty Baked Beans/ Fresh
Veggies
Fruit I and Milk

Thursday, November 21

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Sausage and Cheese Muffin

Lunch

Creamy Macaroni and Cheese
with Roll
Cheese Steak Hoagies
Salad Bar / Deli Hoagie / Wrap
Sides:
Steamed Broccoli / Fresh Veggies
Baked Fruit Crisp and Milk

Wed., November 20

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Egg, Ham, Cheese Bagel

Holiday Lunch

Turkey and Dressing
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Mashed Potatoes / Fresh Veggies
Pumpkin Dessert!
Fruit and Milk

Monday, November 25

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Mini Waffles

Lunch

Chicken Nuggets with Whole
Wheat Roll
Pulled Pork BBQ Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
2 Pierogis /Fresh Veggies /
Fruit and Milk

Tuesday, November 26

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Cinnamon Rolls

Lunch

Popcorn Chicken Mashed Potato
Bowl with Roll
BBQ Rib Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Golden Corn /Fresh Veggies
Fruit and Milk

Wed., November 27

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Egg and Cheese Bagel

Lunch

Funnel Cake with Sausage Links
Turkey and Cheese Panini
Salad Bar / Deli Hoagie / Wrap
Sides:
Carrots / Fresh Veggies
Fruit and Milk



**ENJOY YOUR HOLIDAY!
SEE YOU TUESDAY!**

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html