



November 2020



Why is it not wise to tell secrets in a cornfield?

There are too many ears!

- *Menu is subject to change without notice
- *Fresh/canned fruit and 100% juice is offered daily at breakfast
- *Skim White and chocolate milk offered at both meals.
- *Fruit and vegetable bar offered daily with lunch. Items varying depending on season.

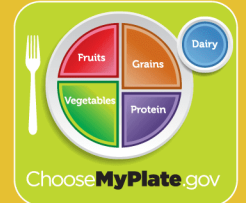
What am I?

I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet.

Beets

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cereals Chicken nuggets, baked beans, dinner roll	3 pancake on a stick Orange chicken, lo mein noodles, veg stir fry, fortune cookie	4 Muffins Raptor sub, Chips, Corn	5. Omelets Scalloped potatoes, Ham slice, bread stick	6 No School
9 French toast Italian chicken sandwich, chips	10 pancakes Spaghetti, breadstick	11 Doughnuts Chicken fries, mashed potatoes w/ gravy	12 Scrambled eggs Pulled pork sandwich, baked beans, coleslaw	13 Bagels Pizza Garlic knots
16 Pancake on a stick Chicken strips Potato salad, green beans	17 breakfast pizza Shrimp, tri taters, mix vegetables	18 Muffins Mr Rib, steak fries, peas	19 Omelets Turkey, Mashed pot , Gravy, stuffing, green bean cass, pie	20 Biscuit and gravy Cheese bread, waffle fries, Normandy Vegetables
23 pancake Crispito, refried beans, churro	24 French toast Meatball sub, macaroni salad, carrots	25 NO SCHOOL	26 Happy Thanksgiving!!  Eat TONS and take a nap.	27 No School
30 French toast Chicken nuggets, carrots		Remember to make sure and bring your lunch accounts current!		



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

