



November 2021



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
1 Cereals Orange chicken, Vegetable stir fry, fortune cookie	2 pancake on a stick Scalloped potatoes, Ham slice, Bread stick	3Muffins Chicken nuggets, Mac and cheese, Roll	4 Omelets Raptor sub, Chips	5 No School
8 French toast Hamburger, French fries	9 pancakes Spaghetti, Breadstick	10 Doughnuts Chicken fries, Mashed potatoes w/ gravy	11 Tornados Pulled pork sandwich, Baked beans, Coleslaw	12 Bagels Pizza Garlic knots
15 Pancake on a stick Chicken strips Potato salad, Green beans	16 breakfast pizza Shrimp, Tri taters, Mix vegetables	17 Muffins Turkey, Mashed potatoes, Gravy, Stuffing, Green bean casserole, Pie	18 Omelets Mr. Rib, Steak fries, Peas	19 Biscuit and gravy Cheese bread, Waffle fries, Normandy vegetables
22 pancake Crispitos or Nachos, Refried beans, Churro	23 French toast Tiefenthaler Pork burger, Potato salad	24 No School	25Happy Thanksgiving!!  Eat TONS and take a nap.	26 No School
29 French toast Chicken nuggets, Carrots				Please understand the menu may change due to supply chain shortages.



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.

