



# 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.

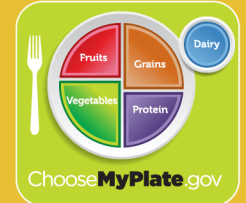
## What am I?

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 Cereal  Orange chicken, Rice, 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  Mr. Rib, Steak fries, Peas	18 Omelets  Turkey, Mashed potatoes, Gravy, Stuffing, Green bean casserole, Pie	19 Biscuit and gravy  Cheese bread, Waffle fries, Normandy vegetables
22 pancake  Crispito 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.

