


Menus for

NOVEMBER 2020

F2F or In Person Learning

Fun facts with
THANKSGIVING DAY THANKS



We celebrate Thanksgiving as a day to feast and give thanks for what we have. But do you know these other facts about Thanksgiving?

Sweet Potato

- ✓ Cholesterol-Free
- ✓ Low-Sodium
- ✓ Good Source of Fiber
- ✓ Fat-Free
- ✓ Gluten-Free

Rich in vitamins and nutrients, sweet potatoes are an excellent healthy food choice that can be prepared in a variety of ways

(per medium potato)

0.1g
FAT

112
CALORIES

2g
PROTEIN

3.9g
FIBER

26g
CARBS

Monday, Nov 16

Breakfast
Muffin
Assorted Cereal
Juice & Milk

Lunch
BBQ Chicken
Sandwich
Fish Nuggets
Baked Beans
Fruit
Milk

Tuesday, Nov 17

Breakfast
Pancakes w/ Syrup
Assorted Cereal
Fruit & Milk

Lunch
Hamburger Deluxe
Chicken Philly
Potato Wedges
Fruit
Milk

Wed., Nov 18

Breakfast
Frudel
Assorted Cereal Bar
Fruit & Milk

Lunch
Hotdog
Deli Sandwich
Chips
Veggie Cup
Fruit
Milk

Thursday, Nov 19

Breakfast
Assorted Cereal
Yogurt w/ Granola
Fruit & Milk

Lunch
Sliced Ham w/ Roll
Baked Chicken
Mac n Cheese
Collard Greens
Fruit
Milk

Friday, Nov 20

Breakfast
Grain, Fruit, Milk

Managers Choice

Lunch
Entrée
Grain
Vegetable
Fruit
Milk

No School!
Happy Thanksgiving!

Break from
NOVEMBER 23 - NOVEMBER 27

Monday, Nov 30

Breakfast
Grain, Fruit, Milk

Managers Choice

Lunch
Entrée
Grain
Vegetable
Fruit
Milk

