

USDA is an equal opportunity provider and employer.

Available Daily

BABY CARROTS, CANNED FRUIT AND FRESH FRUIT ARE AVAILABLE ON THE FOOD BAR DAILY

MILK AVAILABLE DAILY: 1% WHITE FAT FREE WHITE FAT FREE CHOCOLATE

NUTRITION INFORMATION ON THIS MENU CAN BE FOUND AT WWW.JENHUDFOOD.ORG

Pricing Info

LUNCHES - \$2.25 PER DAY AND INCLUDE A MILK

REDUCED PRICE MEALS FOR THOSE WHO QUALIFY - \$.40 PER DAY

MILK ONLY - \$.50 PER DAY

ONLINE DEPOSITS CAN BE MADE AT WWW.SENDMONEYTOSCHOOL.COM THERE IS A \$2.00 FEE FOR THIS SERVICE.

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

Monday, November 3

YOUTH APPRECIATION WEEK

CHOOSE ONE:
(W) PEPPERONI PIZZA BAGEL
OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SUPERPOWER VEGETABLES
BABY CARROTS
GARBANZO BEANS

NATURE'S CANDY
PINEAPPLE
FARM FRESH APPLE

Tuesday, November 4

CHOOSE ONE:
(W) CHICKEN NOODLE AND RICE SOUP WITH MINI BOSCO
OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SUPERPOWER VEGETABLES
BABY CARROTS
FRESH BROCCOLI

NATURE'S CANDY
PEARS
ORANGE WEDGES

Wednesday, November 5

CHOOSE ONE:
(W) TACO BOAT WITH GOLDFISH GRAHAMS
OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SUPERPOWER VEGETABLES
BABY CARROTS
GREEN BEANS

NATURE'S CANDY
PEACHES
BANANA

Thursday, November 6

CHOOSE ONE:
(W) CHILI WITH MEAT, SALTINES AND BAKED SCOOPS
OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SUPERPOWER VEGETABLES
BABY CARROTS
MINI BAKED POTATO

NATURE'S CANDY
MIXED FRUIT
GRAPES

Friday, November 7

CHOOSE ONE:
(W) HAM CHEF WITH ROLL
OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SUPERPOWER VEGETABLES
BABY CARROTS
ROMAINE RIBBONS

NATURE'S CANDY
MANDARIN
ORANGES
FRESH PEAR

DON'T FORGET TO SET YOUR CLOCKS BACK 1 HOUR



SUNDAY, NOV. 2

Monday, November 10

NATIONAL FAMILY VOLUNTEER WEEK

CHOOSE ONE:
(W) CORN DOG
OR
(B) CHICKEN NUGGETS WITH BREAD

SUPERPOWER VEGETABLES
BABY CARROTS
PEAS

NATURE'S CANDY
TROPICAL FRUIT MIX
FARM FRESH APPLE

Tuesday, November 11

CHOOSE ONE:
(W) MAC AND MEAT OR
(B) CHICKEN NUGGETS WITH BREAD

SUPERPOWER VEGETABLES
BABY CARROTS
HOT BROCCOLI

NATURE'S CANDY
APPLE SLICES WITH CINNAMON
BANANA

FREE GIVEAWAY

Wednesday, November 12

CHOOSE ONE:
(W) CHEESE PIZZADILLA
OR
(B) CHICKEN NUGGETS WITH BREAD

SUPERPOWER VEGETABLES
BABY CARROTS
CELERY

NATURE'S CANDY
PEARS
GRAPES

Thursday, November 13

CHOOSE ONE:
(W) GRILLED CHEESE SANDWICH
OR
(B) CHICKEN NUGGETS WITH BREAD

SUPERPOWER VEGETABLES
BABY CARROTS
TOMATO SOUP

NATURE'S CANDY
PEACHES
ORANGE WEDGES

Friday, November 14

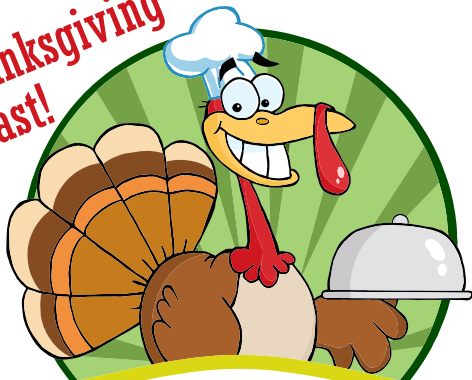
CHOOSE ONE:
(W) HONEY RIB SANDWICH ON BUN
OR
(B) CHICKEN NUGGETS WITH BREAD

SUPERPOWER VEGETABLES
BABY CARROTS
BAKED BEANS

NATURE'S CANDY
APRICOTS
FRESH PEAR



Thanksgiving Feast!



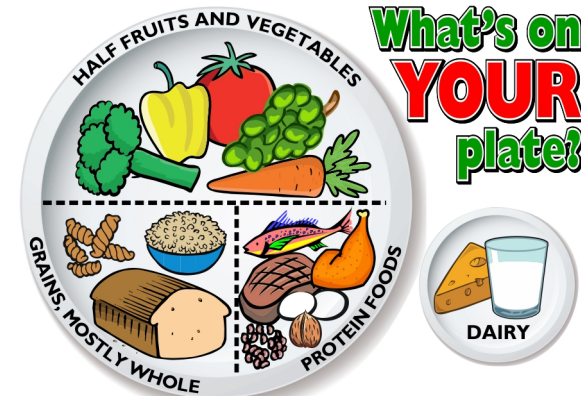
Please Join Us!
Tuesday, November 18

OUR NATION'S HISTORY

During World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help our kids learn. Please remember to thank your teachers during this year's American Education Week, November 16-22.

Teacher
EDUCATION

WITH LIBERTY & JUSTICE FOR ALL



What's on YOUR plate?

Feast o' Fiber!

Lots of the foods we eat on Thanksgiving are good fiber sources, including all of the ones listed below. Find and color all of the letters in these "fiber foods," and then unscramble the leftover letters to learn the name of one Turkey Day favorite that contains no fiber.

Broccoli Carrots Pumpkin Pie Sweet Potatoes Cranberry Sauce



ANSWER: _____

Even though this favorite food doesn't have any fiber, it's still a nutritious source of high quality protein that's relatively low in fat and calories compared to many other protein foods! Enjoy it along with generous portions of the higher-fiber stuff!

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

Monday, November 17

AMERICA RECYCLE WEEK

CHOOSE ONE:
(W) TEXAS CINNAMON TOAST WITH SCRAMBLED EGGS OR
(B) HAM&CHEESE ON BUN

SUPERPOWER VEGETABLES
BABY CARROTS
CUCUMBERS
NATURE'S CANDY
100% APPLE JUICE
GRAPES

Tuesday, November 18

CHOOSE ONE:
(W) TURKEY GRAVY WITH ROLL OR
(B) HAM&CHEESE ON BUN

SUPERPOWER VEGETABLES
BABY CARROTS
MASHED POTATOES

NATURE'S CANDY
APPLE SAUCE
ORANGE WEDGES

Wednesday, November 19

CHOOSE ONE:
(W) BOSCO CHEESESTICKS WITH MEATLESS SAUCE OR
(B) HAM&CHEESE ON BUN

SUPERPOWER VEGETABLES
BABY CARROTS
FRESH SPINACH

NATURE'S CANDY
MIXED FRUIT
BANANA

Thursday, November 20

CHOOSE ONE:
(W) GARLIC CHEESEBREAD OR
(B) HAM&CHEESE ON BUN

SUPERPOWER VEGETABLES
BABY CARROTS
BEAN SALAD

NATURE'S CANDY
PINEAPPLE
FARM FRESH APPLE

Friday, November 21

CHOOSE ONE:
(W) CHICKEN TENDERS WITH GOLDFISH GRAHAMS OR
(B) HAM&CHEESE ON BUN

SUPERPOWER VEGETABLES
BABY CARROTS
GREEN BEANS

NATURE'S CANDY
TROPICAL FRUIT MIX
RAISINS

Monday, November 24

BE THANKFUL WEEK

CHOOSE ONE:
(W) BEEF NIBBLERS WITH ROLL OR
(B) CHEESE PIZZA

SUPERPOWER VEGETABLES
BABY CARROTS
CORN

NATURE'S CANDY
PEARS
FARM FRESH APPLE

Tuesday, November 25

CHOOSE ONE:
(W) FISH TREASURES OR
(B) CHEESE PIZZA

SUPERPOWER VEGETABLES
BABY CARROTS

NATURE'S CANDY
MIXED FRUIT
GRAPES

"NEW FRUIT ITEM"
CUT MELON MEDLEY

