

TURKEY TROT. Thanksgiving dinner can add up to 4500 calories in one sitting!

Thanksgiving dinner can add up to 4500 calories in one sitting! But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories – and enjoy some fresh air, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Thursday, November I

Breakfast

Cinnamon Crumb Cake Strawberries

Lunch

Pop Corn Chicken Whipped Potatoes Seasoned Corn Dinner Roll Fresh Apple Slices Mixed Fruit

Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

Friday, November 2

Breakfast

Sausage Breakfast Pizza Applesauce

Lunch

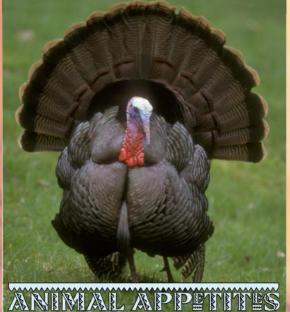
Mrs. T's Pierogies w/wo String Cheese Glazed Carrots-Tossed Salad Dinner Roll Strawberries Pineapple Tidbits

Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

WILD CHILD

The majestic wild turkey is nothing like its barnyard cousin on the Thanksgiving table. The wild ones can run 25 miles an hour and can fly at 50+. They sleep in trees, and the big males have been known to chase off humans who get too close. Wild turkeys prefer to eat nuts, seeds, and berries – but they'll also consume insects, frogs, lizards, and snakes.



Monday, November 5

Breakfast

French Toast Sticks Sausage Patty-Peaches

<u>Lunch</u>

Pretzel Dog Seasoned Green Beans Sweet Potato Fries Chilled Peaches Frozen Fruit Juice Bar

Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

Tuesday, November 6

Breakfast

Cinnamon Roll Pears

Lunch

Chicken Nuggets
Oven Fries
BBQ Baked Beans
Dinner Roll
Mixed Fruit
Chilled Pears

Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

Wed., November 7

Breakfast

Cheesy Scrambled Eggs Bagel Half-Mixed Fruit

Lunch

Toasted Cheese Sandwich Creamy Tomato Soup Gold Fish Crackers Carrot & Celery Sticks Pineapple Tidbits Chilled Peaches

Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

Thursday, November 8

Breakfast

Jumbo Waffles Bacon-Pineapple

Lunch

Soft Taco
Lettuce & Tomato
Seasoned Sweet Peas
Black Bean Salsa w/wo Chips
Fresh Banana
Mandarin Oranges

Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

Friday, November 9

Breakfast

Pop Tart-Hash Browns Mandarin Oranges

<u>Lunch</u>

Cheesy Bread Sticks w/wo Dipping Sauce Tossed Salad -Seasoned Corn Chilled Applesauce Mixed Fruit Vanilla Wafers

Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

Monday, November 12

No School



PLEASE JOIN US IN SAYING THANKS TO THOSE WHO HAVE SERVED THE CAUSE OF FREEDOM

Tuesday, November 13

Breakfast

Bacon & Cheese Bagel
Applesauce

<u>Lunch</u>

Warm Turkey & Cheese
Pretzel Sandwich
Sweet Potato Fries
Cucumber Slices
Chilled Peaches
Fresh Grapes

Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

Wed., November 14

<u>Breakfast</u>

Blue Berry Muffin Top Peaches

Lunch

Macaroni & Cheese Seasoned Broccoli Dinner Roll Blushed Pears Warm Spiced Apples Snicker Doodle Cookie

Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

Thursday, November 15

Breakfast

Pancake & Sausage Stick Pears

<u>Lunch</u>

Chicken Tenders
Orange Glazed Carrots
Oven Fries
Mixed Fruit
Chilled Applesauce
Gold Fish Grahams

Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

Friday, November 16

Breakfast

Breakfast Donut Mixed Fruit

Lunch

Oven Roasted Turkey Whipped Potatoes Seasoned Green Beans Dinner Roll Mandarin Oranges Strawberries

Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad