

Raise your hand if you've been helped by a teacher.



## American Education Week November 17-21



### AVAILABLE DAILY

Menus may change without notice due to delivery or other unforeseen availability issues.

A second entrée choice may be available at your school. Contact the cafeteria manager for more details.

Tossed Salad includes mixed lettuces and assorted veggies served with school-made Ranch dressing.

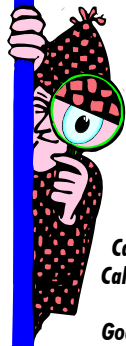
Assorted fruits includes a selection of canned and fresh fruit.



## The Nutrition Sleuth

Taking a closer look at the foods we eat . . .

The healthiest — and most delicious — way to use all of that leftover turkey from Thanksgiving dinner is to make a pot of turkey soup. Use lots of fresh vegetables cut into good-sized chunks. The soup will keep your whole family warm inside, and your house will have a wonderful, homey aroma all day!



**Calorie analysis of this typical School Lunch Combo:**  
**Roast Turkey w/Gravy**  
**Green Peas**  
**Cranberry Sauce**  
**Whole Wheat Roll**  
**Lowfat Chocolate Milk**

**Total calories: 738**  
**Calories from protein: 20%**  
**Cal. from carbohydrates: 52%**  
**Calories from fat: 28%**  
**Goal: 30% or less fat calories**

### Monday, Nov. 17

**Breakfast**  
 French Toast Sticks , syrup  
 Assorted Cereal  
 Juice, Milk

**Lunch**  
 Grilled Chicken Patty, trimmings  
 Doritos, Bun  
**Choice of Two:**  
 Green Beans, Tossed Salad  
 Assorted Fruits, Juice  
 Milk

**Educare Snack:**  
 Open Face Cheese Toast, Juice

### Tuesday, Nov. 18

**Breakfast**  
 Bagel, jelly  
 Assorted Cereal  
 Juice, Milk

**Lunch**  
 Beef Teriyaki  
 Egg Roll, Rice  
**Choice of Two:**  
 Steamed Broccoli, Tossed Salad  
 Assorted Fruits, Juice  
 Milk

**Educare Snack:**  
 Chicken Biscuit, Juice

### Wed., Nov. 19

**Breakfast**  
 Muffin  
 Assorted Cereal  
 Juice, Milk

**Lunch**  
 Pork BBQ, Slaw  
 Bun  
**Choice of Two:**  
 Potato Rounds,  
 Tossed Salad, Assorted Fruits, Juice  
 Milk

**Educare Snack:**  
 Cheese Breadstick, Marina, Juice

### Thursday, Nov. 20

**Breakfast**  
 Cheese Omelet  
 Assorted Cereal  
 Juice, Milk

**Lunch**  
 Chicken -Cheese Fajita, Salsa  
 Beans and Rice  
**Choice of Two:**  
 Corn, Tossed Salad,  
 Assorted Fruits, Juice  
 Milk

**Educare Snack:**  
 1/2 Turkey Sandwich, Juice

### Friday, Nov. 21

**Breakfast**  
 Poptart  
 Assorted Cereal  
 Juice, Milk

**Thanksgiving Lunch**  
 Turkey and Gravy, Dressing  
 WW Roll, Cranberry Sauce  
**Choice of Two:**  
 Sweet Potatoes, Green Peas,  
 Assorted Fruits, Juice  
 Milk, Thanksgiving Dessert

**Educare Snack:**  
 Cereal Treat, Milk

### Monday, Nov. 24

**Breakfast**  
 French Toast Sticks , syrup  
 Assorted Cereal  
 Juice, Milk

**Lunch**  
 Nachos with Chili/Cheese  
 Beans and Rice  
**Choice of Two:**  
 Corn,  
 Assorted Fruit, Juice  
 Milk

**Educare Snack:**  
 Small Pizza, Juice

### Tuesday, Nov. 25

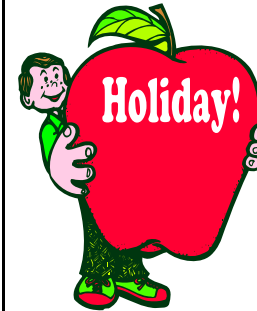
**Breakfast**  
 Graham Snacks  
 Assorted Cereal  
 Juice, Milk

**Lunch**  
 Corndog  
 Baked Doritos  
**Choice of Two:**

Assorted Fruits, Juice  
 Milk

**Educare Snack:**  
 Cereal, Milk

### Wed., Nov. 26



# No School

# We're thankful for the chance to serve you.

It's the time of year for counting our blessings and giving thanks. And what makes us most grateful is the chance we get to serve your kids every school day.

And we're not just talking about food. Sure, the meals we serve are tasty and a great bargain, too, considering the cost of groceries. But we're really here to *serve education*. Because when kids eat well, they learn better. They pay more attention in class, participate more, and perform better in the classroom. They even score higher on standardized tests.

Convenient, economical, healthy School Meals. We prepare nutritious and affordable meals so that every student at our school is ready to learn, and we thank you for giving us that opportunity.

## School Meals

We serve education every day™

Johnson City School Food & Nutrition Service



Let's get ready to **GOBBLE!**

Join us for a stupendous **HOLIDAY FEAST**

featuring all of your favorite trimmings and lots of fun!

**Friday, Nov. 21**