

Menus for November 2017

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Primary School

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Menus are subject to change.



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NUTS.

White-tailed deer live in most of the U.S., and if they're in your neck of the woods, you know that they'll eat just about anything! But they have one particular favorite food: **ACORNS**. These nuts from oak trees provide deer with a perfect package of protein, carbohydrates, calories, and fiber. Deer like them so much that acorns can make up 75% of everything they eat in fall and early winter!

ANIMAL APPETITES

PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family—YOURS!



And Thanksgiving weekend is the perfect time to start!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wednesday, November 1



Lunch will not be served

Thursday, November 2

Chipped Turkey on a Roll

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich or Salad

Served with Baked Beans, Baby Carrots, 100% Fruit Juice and Assorted Milk

Friday, November 3

Chicken Nuggets w/Soft Pretzel Bites

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich or Salad

Served with Sweet Peas, Sliced Pears and Assorted Milk

Monday, November 6

Chicken Sticks w/Tea Roll

Alternative Entrées
Hamburger or Salad

Served with Tater Tots, Steamed Broccoli, Mixed Fruit and Assorted Milk

Tuesday, November 7



No School Today!

Wednesday, November 8

Bosco Sticks w/Marinara Sauce

Alternative Entrées
Hamburger or Salad

Served with Potato Smiles, Chilled Peaches and Assorted Milk

Thursday, November 9

Pizzeria Pizza with or without Pepperoni

Alternative Entrées
Hamburger or Salad

Served with Veggie Pick-up & Dip, 100% Fruit Juice and Assorted Milk

Friday, November 10



Veteran's Day
No School Today



What are the farmers in this picture harvesting?



Cranberries! The popular holiday treat is grown in cool parts of the country in wetland areas known as "bogs." At harvest time, farmers flood the bogs and then wade into the water to corral the delicious berries!

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