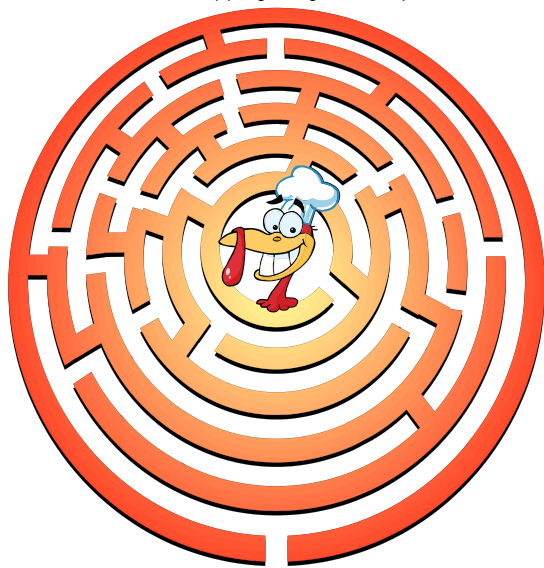




Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1 1/2 grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

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

Monday, November 13

Breakfast
Blueberry Muffins

Lunch
-Cheese Pizza
-Mini Corn Dogs
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Seasoned Carrots
Chilled Pears
Cold Milk

Tuesday, November 14

Breakfast
Yogurt Cup & Oatmeal Bar

Lunch
-Chicken Nuggets & Roll
-Toasted Cheese Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Baked Beans
Chilled Pineapple
Cold Milk

Wed., November 15

Breakfast
Pancake & Sausage on a Stick

Lunch
-Toasted Ravioli & Bosco Stick
-Hot Ham & Cheese Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Green Beans
Chilled Applesauce
Cold Milk

Thursday, November 16

Breakfast
Banana Muffins

Lunch
-Bacon Cheeseburger
-Hot & Spicy Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Cheesy Broccoli
Chilled Peaches
Cold Milk

Friday, November 17

Breakfast
Mini Waffles & Syrup

Thanksgiving Lunch
-Turkey with Gravy & Roll
-Meatloaf & Roll
-Chef Salad & Bosco Stick
-Deli Sandwich
Mashed Potatoes & Gravy
Fresh Apple
Fall Cookie
Cold Milk

Monday, November 20

Breakfast
Breakfast Pizza

Lunch
-Pepperoni Pizza
-Hot Dog on Bun
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Baby Carrots
Mixed Fruit
Cold Milk

Tuesday, November 21

Breakfast
Sausage Biscuit

Lunch
-Cheesy Chicken Nachos
-Turkey & Cheese Wrap
-Caesar Salad & Bosco Stick
-Deli Sandwich
Sweet Corn
Chilled Applesauce
Cold Milk



Monday, November 27

Breakfast
Breakfast Bagel

Lunch
-Cheese Quesadilla
-Mini Corn Dogs
-Popcorn Chicken Salad
-Deli Sandwich
Candied Sweet Potatoes
Chilled Pears
Cold Milk

Tuesday, November 28

Breakfast
Pancake & Sausage on a Stick

Lunch
-Sausage, Egg & Cheese Croissant
-Breaded Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Chilled Applesauce
Cold Milk

Wed., November 29

Breakfast
Strawberry Pop Tarts

Lunch
-Orange Chicken & Rice
-Hamburger
-Chef Salad & Bosco Stick
-Deli Sandwich
Seasoned Green Beans
Chilled Pineapple
Cold Milk

Thursday, November 30

Breakfast
Blueberry Muffins

Lunch
-Mozzarella Sticks & Sauce
-Hot & Spicy Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Sweet Corn
Peaches
Cold Milk

