

# Snack NOVEMBER 2022

This institution is an equal opportunity provider.

Tuesday, November 1

Nutrigrain Bar  
Milk

Wednesday, November 2

Chex Mix  
Juice

Thursday, November 3

Fresh Fruit  
Milk

Friday, November 4

Mini Carrots  
Juice

Monday, November 7

Cheez-Its  
Juice

Tuesday, November 8

Buttermilk Bar  
Milk

Wednesday, November 9

Cookies  
Banana  
Juice

**NO SCHOOL**  
**THURSDAY Nov. 10**

**NO SCHOOL**

**Friday Nov. 11**

**THANK YOU TO  
OUR  
VETERANS!**

Monday, November 14

Scooby  
Snacks  
Juice

Tuesday, November 15

Apples  
Crackers  
Milk

Wednesday, November 16

Mountain  
Quest Blend  
Fruit Mix  
Milk

Thursday, November 17

Pop Tart  
Milk

Friday, November 18

Benefit Bar  
Juice

Monday, November 28

Pretzels  
Juice

Tuesday, November 29

Fresh Fruit  
Milk

Wednesday, November 30

Crackers &  
Cheese  
Milk

## Daily Garden Bar Options

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Mandarins Chilled Mixed Fruit Apple (HOM) Juice	Kiwi (HOM) Plums Chilled Pears (HOM) Juice	Bananas Strawberries Dried Fruit Juice	Orange Wedges Fresh Plums Applesauce Juice	Fresh Fruit Choice Chilled Mixed Fruit Juice
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Garden Salad, Carrots, Kiwi (HOM), Chilled Peaches, Strawberry Cup (HOM)-Harvest of the Month	Spinach Salad, Sunflower Seeds, Applesauce, Celery Sticks w/ WOWButter, Melon Chunks	Garden Salad, Sweet Pepper Stick Medley Chilled Pears(HOM),, Zucchini Coins, Bananas,	Garden Salad, Chickpeas, Pluots, Strawberries, Apple Slices w/ WOWButter(HOM),	Garden Salad, Carrots w/Ranch, Cucumbers & Tomatoes(HOM), Chilled Peaches, Fresh Fruit Choice



What's on  
**YOUR**  
plate?



**Q:** Why is it always a good idea to have a turkey in a band?

**A:** Because he brings his own drumsticks! Turkey drumsticks have dark meat because turkeys can't fly! Since turkeys get around by walking, their legs have higher levels of "myoglobin," which helps move oxygen to their muscles—and which also makes the meat in their legs darker. It doesn't make them better drummers, though!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

We'll be serving you again  
Monday, November 28!

**Happy Thanksgiving**

### Monday, November 28

#### Breakfast

Breakfast Burrito  
Cereal  
Fruit Cup  
Breakfast Garden Bar

#### Lunch

Deli Sandwich  
Cheesey Sticks w/  
Marinara  
Tator Tots  
Garden Bar

### Tuesday, November 29

#### Breakfast

Pancake & Sausage on a  
Stick  
Cereal  
Peach Cup  
Breakfast Garden Bar

#### Lunch

Macaroni & Cheese  
Corn Dog  
Green Beans  
Garden Bar

### Wednesday, November 30

#### Breakfast

Waffles & Sausage  
Cereal  
Applesauce Cup  
Breakfast Garden Bar

#### Lunch

Asian Chicken Bowl  
Veggie Egg Roll  
Broccoli Bites  
Garden Bar

Only  
**12**  
more school  
days  
'til  
Winter  
Break!

