



Monday, November 17

Breakfast
Sausage Biscuit*

Lunch
-Cheese Pizza
-Hot Dog on Bun
-Popcorn Chicken Salad & Bosco Stick
-PBJ Sandwich
Seasoned Carrots
Mixed Fruit
Cold Milk

Tuesday, November 18

Breakfast
Pop Tarts

Lunch
-Sausage, Egg & Cheese Croissant *
-Chicken Parmesan Sandwich
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Seasoned Green Beans
Orange Smiles
Cold Milk

Wed., November 19

Breakfast
Cinnamon Roll

Lunch
-Queso Chicken Nachos
-BBQ Burger on Bun
-Chef Salad & Bosco Stick
-PBJ Sandwich
Cheesy Refried Beans
Chilled Pears
Cold Milk

Thursday, November 20

Breakfast
Bacon, Egg & Cheese Biscuit*

Lunch
Orange Chicken & Fried Rice
-Ham & Cheese Wrap
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Steamed Broccoli
Chilled Pineapple
Fortune Cookie
Cold Milk

Friday, November 21

Breakfast
Mini Waffles & Syrup

Thanksgiving Lunch
-Turkey & Gravy with Roll
-Sloppy Joe Sandwich
-Chef Salad & Bosco Stick
-PBJ Sandwich
Mashed Potatoes & Gravy
Craisins
Pumpkin Bar with Cool Whip
Cold Milk

Monday, November 24

Breakfast
Warm Cherry Strudel

Lunch
-French Toast Sticks & Sausage*
-BBQ Grilled Chicken Sandwich
-Popcorn Chicken Salad & Bosco Stick
-PBJ Sandwich
Seasoned Carrots
Chilled Pears
Gogurt Yogurt
Cold Milk

Tuesday, November 25

Breakfast
Cinnamon Cream Cheese Bagel

Lunch
-Cheeseburger
-Fish Shapes and Cornbread Muffin
-Italian Salad & Bosco Stick*
-PBJ Sandwich
French Fries
Fresh Apple
Cold Milk

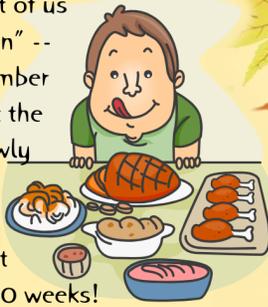
Thanksgiving

ENJOY YOUR HOLIDAY!

SEE YOU MONDAY!

Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



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

NUTRITION TO GO

Occasional fast food meals don't have to be unhealthy. Choose the smallest burger instead of the biggest. Go for mustard rather than ketchup or mayo. Skip the gooey sauces and get lettuce, tomato, onion, and pickle instead. Look for grilled options instead of breaded and/or fried. And if you must have fries, savor a small order.

A QUICK BITE FOR PARENTS