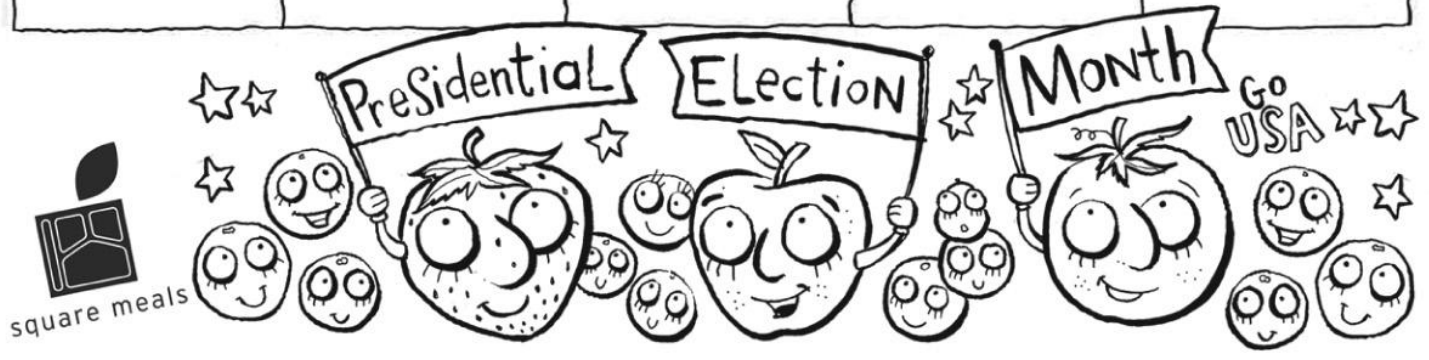


Have FUN and color me! Eat School meals!

November



Monday	Tuesday	Wednesday	Thursday	Friday
3 Pancakes Juice Milk <hr/> Grilled Cheese Sand. Beef & Veg. Soup Crackers Fruit Milk	4 Sausage & Biscuit Juice Milk <hr/> Ravioli Veggies Fruit Milk Peanut Butter Cookies	5 Cinnamon Toast Cereal Juice Milk <hr/> Chicken Rings Mashed Potatoes & Gravy Veggies Fruit Rolls Milk Oatmeal Cookies	6 Ham & Cheese Puffs Juice Milk <hr/> Tater Tot Casserole Pinto Beans Combread Fruit Milk	7 Breakfast Pizza Juice Milk <hr/> Hamburgers / BBQ Lettuce, Tomatoes, & Pickles Fries (MS & HS) Chips (Elem) Fruit Milk Chocolate Chip Cookies
10 Strudels Cereal Juice Milk <hr/> Pizza Salad Veggie Fruit Milk Sugar Cookies	11 Sausage Rolls Juice Milk <hr/> Steak Fingers Mashed Potatoes Veggies Bread Fruit Milk No Bakes	12 French Toast Sticks Juice Milk <hr/> Roast Veggies Fruit Milk	13 Sausage & Biscuit Juice Milk <hr/> Spaghetti & Meat Sauce Salad Veggies Max Stix Fruit Milk	14 Bagels Juice Milk <hr/> Hamburgers / Lettuce, Tomatoes, & Pickles Fries Fruit Milk Chocolate Chip Cookies
17 Pancakes Juice Milk <hr/> BBQ Veggies Fruit Milk No Bakes	18 Cinnamon Toast Cereal Juice Milk <hr/> Chicken Fajitas Refried Beans Salad Fruit Milk Oatmeal Cookies	19 Ham & Cheese Puffs Juice Milk <hr/> Hot Dogs Veggies Chips Fruit Milk	20 Donuts Lil Smokies Juice Milk <hr/> Thanksgiving Lunch	21 Breakfast Pizza Juice Milk <hr/> Hamburgers Lettuce, Tomatoes, & Pickles Fries Fruit Milk
24 Strudels Cereal Juice Milk <hr/> Pizza Salad Veggie Fruit Milk	25 Sausage Pancake On a Stick Juice Milk <hr/> Hamburgers Lettuce, Tomatoes, & Pickles Fries Fruit Milk Peanut Butter Cookies	26 OUT FOR THANKSGIVING HOLIDAY	27 OUT FOR THANKSGIVING HOLIDAY	28 OUT FOR THANKSGIVING HOLIDAY



Eat patriotic during this presidential election month.

Think of different ways to have nutritious red, white and blue food and beverages with the same meal. How about milk, blueberries and strawberries in cereal? What combinations can you dream up?

First Thanksgiving Menu

Did you ever wonder what the pilgrims ate during the first Thanksgiving in 1621? Use these hints to fill in the blanks.

1. This wild fowl was one of the meats served at the feast.
__ R __ E __
2. This crustacean has claws and a tough shell. __ O __ S __ E __
3. Indians taught Pilgrims how to plant this vegetable. __ R __
4. This orange vegetable is a type of squash. __ U __ P __ N
5. These wild fruits were gathered from vines. __ R __ P __



Nuts About Peanut Butter

Americans are so crazy about peanut butter that we celebrate **Peanut Butter Lovers' Month** in November. Here are some fun facts about the most popular type of sandwich spread.

- * Peanut butter was invented in 1890 by a physician who wanted high-protein food for his patients. Friends and relatives of the patients liked the health food so much that they started eating it.
- * Americans eat more than 700 million pounds of peanut butter each year or enough to cover the floor of the Grand Canyon.
- * The average American child will eat 1,500 peanut butter and jelly sandwiches before graduating from high school.

Answer key: 1 = turkey, 2 = lobster, 3 = corn, 4 = pumpkin, 5 = grapes

Check Out the CAFETERIA BUZZ

HAPPY THANKSGIVING

Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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