

# FIND THE FIBER.

It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-



important nutrient should look like this stuff: fresh whole fruits and veggies,

beans, nuts, and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get

most of your fiber where it occurs naturally, rather than from highly



processed foods that include fiber as an added ingredient so they can be sold as "high fiber."

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

Monday, November 11

**Veterans' Day!**  
No School

**Thank You**



Tuesday, November 12

- Lunch
- Cheese Pizza
- Breaded Chicken Sandwich
- Italian Salad & Bosco Stick\*
- Deli Sandwich
- Green Beans
- Chilled Applesauce
- Cold Milk

Wed., November 13

- Lunch
- French Toast Sticks & Sausage\*
- Corn Dog
- Chef Salad & Bosco Stick
- Deli Sandwich
- Sweet Corn
- Chilled Peaches
- Gogurt Yogurt
- Cold Milk

Thursday, November 14

- Lunch
- Chicken Nuggets & Macaroni
- Hot Ham & Cheese Sandwich
- Italian Salad & Bosco Stick\*
- Deli Sandwich
- Seasoned Carrots
- Sweet Craisins
- Cold Milk

Friday, November 15

No Lunch  
Early Dismissal

Monday, November 18

- Lunch
- Pepperoni Pizza\*
- Hot Dog on Bun
- Popcorn Chicken Salad & Bosco Stick
- Deli Sandwich
- Baby Carrots
- Chilled Pears
- Cold Milk

Tuesday, November 19

- Lunch
- Chicken Strips & Mini Waffles
- BBQ Ribette Sandwich\*
- Italian Salad & Bosco Stick\*
- Deli Sandwich
- Baked Beans
- Mixed Fruit
- Cold Milk

Wed., November 20

- Lunch
- Toasted Ravioli & Bosco Stick
- Sub Sandwich
- Chef Salad & Bosco Stick
- Deli Sandwich
- Green Beans
- Fresh Apple
- Cold Milk

Thursday, November 21

- Lunch
- Orange Chicken & Fried Rice
- Hamburger on Bun
- Italian Salad & Bosco Stick\*
- Deli Sandwich
- Steamed Broccoli
- Chilled Pineapple
- Fortune Cookie
- Cold Milk

Friday, November 22

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

Monday, November 25

- Lunch
- Sausage Pizza\*
- Corn Dog
- Popcorn Chicken Salad & Bosco Stick
- Deli Sandwich
- Seasoned Carrots
- Chilled Peaches
- Cold Milk

Tuesday, November 26

- Lunch
- Cheeseburger
- Grilled Chicken Sandwich
- Italian Salad & Bosco Stick\*
- Deli Sandwich
- Emoji Potatoes
- Mixed Fruit
- Cold Milk

# THANKSGIVING!



**ENJOY YOUR HOLIDAY!**  
**SEE YOU MONDAY!**

**THURSDAY, NOVEMBER 28, 2024**

