



Monday, November 17

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

Tuesday, November 18

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

Wed., November 19

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

Thursday, November 20

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

Friday, November 21

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

Monday, November 24

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

Tuesday, November 25

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

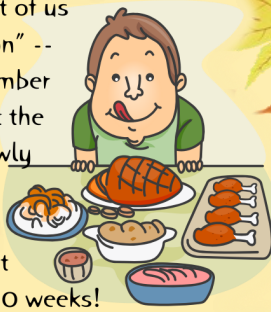
Thanksgiving

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