

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

Breakfast
Yogurt Cup
& Nutri-Grain Bar

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

Wed., November 13

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

Thursday, November 14

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

Friday, November 15

Breakfast
Breakfast Pizza*
Lunch
 -Cheesy Chicken Nachos
 -Fish Sandwich
 -Chef Salad & Bosco Stick
 -Deli Sandwich
Fiesta Beans
Orange Smiles
Cold Milk

Monday, November 18

Breakfast
Sausage Biscuit*

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

Tuesday, November 19

Breakfast
Yogurt Parfait
& Oatmeal Bar

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

Wed., November 20

Breakfast
Cheesy Scrambled Eggs
& Biscuit

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

Thursday, November 21

Breakfast
French Toast Sticks & Syrup

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

Breakfast
Cheesy Chicken Biscuit

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

Breakfast
Mini Waffles & Syrup

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

Tuesday, November 26

Breakfast
Bacon, Egg & Cheese Biscuit*

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

THANKSGIVING!



ENJOY YOUR HOLIDAY!
SEE YOU MONDAY!