Featured Specials of the Day

**Monday, November 3**
- Bacon Cheeseburger
- Baby Carrots

**Tuesday, November 4**
- Tacos
- Black Beans
- Churro

**Wednesday, November 5**
- Orange Chicken w/ Brown Rice & Stir Fry Veggies
- Broccoli
- Fortune Cookie

**Thursday, November 6**
- Turkey Pot Roast w/ Mashed Potatoes & Whole Grain Roll
- Celery Sticks
- Cowboy Cookie

**Friday, November 7**
- Fish N Chips
- Peas

In addition to the featured specials of the day, each secondary school kitchen offers a variety of hot and cold entrée items each day.

**Lunch Prices:**  
- Full Pay = $3.75  
- Reduced = $0.40  
- Adult = $4.25

A la carte items are available for purchase in addition to the hot lunch program. Prices for a la carte items vary.

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**O U R  N A T I O N ' S  H I S T O R Y**

During World War I, 25% of Americans drafted into the Army couldn’t read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help students learn. Please remember to thank your teachers during this year’s American Education Week, which will be celebrated later this month, from November 16-22.

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**F I N D  T H E  F I B E R.**

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.”
Featured Specials of the Day

Monday, November 10
Chicken Cordon Bleu Burger
Baby Carrots

Tuesday, November 11
No School

Wednesday, November 12
BBQ Pulled Turkey Sandwich
Broccoli
Oatmeal C.C. Cake

Thursday, November 13
Pasta w/ Meatballs & Whole Grain Roll/Breadstick
Celery Sticks
Krinkle Cookie

Friday, November 14
Chicken Rings or Nuggets & Fries
Corn

Monday, November 17
Chicken Alfredo w/ Whole Grain Breadstick
Baby Carrots

Tuesday, November 18
Nachos
Kidney Beans
Chocolate Cake

Wednesday, November 19
Cheese or Pepperoni Pizza
Broccoli
Snickerdoodle

Thursday, November 20
General Tso Chicken w/ Brown Rice & Stir Fry Veggies
Celery Sticks
White Chocolate Cranberry Cookie

Friday, November 21
Chicken Tenders w/ Mashed Potatoes & Gravy
Peas

Monday, November 24
Italian Chicken Sandwich
Baby Carrots

Tuesday, November 25
Chicken Fajitas
Pinto Beans
Brownies

Wednesday, November 26
Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
Broccoli
Sugar Cookie

eatfit wann stay fit? gotta eat right!

Item: roast turkey
Verdict: no fiber, but...

Tip: While we’re on the subject of fiber, it’s worth noting that the star of many Thanksgiving dinners -- roast turkey -- contains no fiber at all. But that’s OK! Turkey is a low-fat, low-calorie source of high-quality protein, worthy of your plate any day of the year! Just don’t go too crazy with the gravy on Thanksgiving or with the mayo when you’re eating the leftovers on a sandwich. And look for other good sources of fiber on the holiday table: broccoli, carrots, sweet potatoes, and even cranberry sauce and pumpkin pie are all good fiber sources, although, as always, watch the sweet stuff.

Happy Thanksgiving!
See you on Monday!