Featured Specials of the Day

**Monday, November 2**
Bacon Cheeseburger
Baby Carrots

**Tuesday, November 3**
Chicken Enchiladas w/ Green Chile Sauce
Black Beans
Churro

**Wednesday, November 4**
Orange Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
**Crazy Cookie Day**

**Thursday, November 5**
Pasta w/ Meat Sauce & Whole Grain Roll/Breadstick
Celery Sticks
Chocolate Cake

**Friday, November 6**
Chicken Tenders w/ Mashed Potatoes & Gravy
Corn

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_A VAILABLE DAILY_

Every complete meal comes with a trip through the salad bar and a milk. In addition to the featured special of the day, each secondary kitchen offers a variety of hot and cold entrée options each day.

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

A la carte items are available in addition to the lunch program. Prices vary by item.

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**SEASON’S CR(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!**

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**Featured Specials of the Day**

**Monday, November 9**
Western Cheeseburger
Baby Carrots

**Tuesday, November 10**
Chicken Fajitas
Pinto Beans
Peanut Butter Cookie

**Wednesday, November 11**
Chicken Alfredo w/ Whole Grain Breadstick
Celery Sticks
Snickerdoodle

**Thursday, November 12**
Chicken Alfredo w/ Whole Grain Breadstick
Celery Sticks
Snickerdoodle

**Friday, November 13**
Toasted Ham & Cheese Sandwich w/ Tomato Soup
Peas

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**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 goopy 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.

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**VETERANS DAY -- NO SCHOOL**

**Thursday, November 12**
Chicken Alfredo w/ Whole Grain Breadstick
Celery Sticks
Snickerdoodle

**Friday, November 13**
Toasted Ham & Cheese Sandwich w/ Tomato Soup
Peas
Our Nation's History

In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier—there was ZERO added sugar in their diets.

Featured Specials of the Day

Monday, November 23
Chicken Cordon Bleu Burger
Baby Carrots

Tuesday, November 24
Nachos
Black Beans
Apple Crisp

Wednesday, November 25
Honey Fire Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Sugar Cookie

HAPPY THANKSGIVING!
ENJOY YOUR TIME OFF.
WE'LL SEE YOU BACK HERE ON MONDAY!

Featured Specials of the Day

Monday, November 16
Italian Chicken Sandwich
Baby Carrots

Tuesday, November 17
Tacos
Kidney Beans
Double Chocolate Chip Cookie

Wednesday, November 18
General Tso Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Chocolate Chip Cake

Thursday, November 19
Mac & Cheese w/ Whole Grain Roll
Celery Sticks
Cowboy Cookie

Friday, November 20
Fish N Chips
Corn

eatfit wanna stay fit? gotta eat right!

item: cranberry sauce
verdict: gelatinous!

Tip: is a food that’s served with the can marks still on it really cool or really gross? Cranberry sauce does have some nutrients and fiber, but a measly ¼ cup contains a whole day’s worth of added sugar, usually in the form of high fructose corn syrup. This year, try this: Google “cranberry sauce recipe” and cook your own. It’s extremely simple to make, and everyone will be so impressed!

FIT METER

110 0 5
Calories Fat Carbs

-based on a 1/4 cup serving