

# Menus for NOVEMBER 2024

This institution is an equal opportunity provider. Menus are subject to change.

## 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!**



## STRANGE BUT TRUE!

WATER BIRDS LIKE GEESE AND SWANS  
MAY GLIDE PEACEFULLY ON THE  
WATER AND WADDLE COMICALLY  
ON LAND, BUT IN THE AIR THEY  
TAKE IT TO A WHOLE DIFFERENT  
LEVEL. THEY SOMETIMES MIGRATE  
AT 25,000 FEET IN THE AIR –  
**THAT'S MORE THAN FOUR MILES HIGH!**

Friday, November 1

### Breakfast

French Toast with Syrup  
Sausage  
Fruit

### Lunch

Oven Fried Chicken  
Red Rice  
Corn & Local Vegetables  
Flavored Milk  
Fruit

### Secondary Second Choice

Korean Chicken Bowl  
Steamed Rice  
Corn & Local Vegetables  
Fruit

Monday, November 4

### **Citizenship Day No Public School**

#### Breakfast

Assorted Cereal  
Fruit

#### Lunch

Buffalo Chicken Wrap  
Corn & Cucumber Succotash  
Fruit

Tuesday, November 5

### **Intercession Day No Public School**

#### Breakfast

Garlic Fried Rice  
with Chicken Nuggets  
Fruit/Fruit Smoothie

#### Lunch

Sloppy Joes  
Broccoli  
Sweet Potato Fries  
Fruit

Wed., November 6

#### Breakfast

Mac & Cheese  
Fruit/Fruit Smoothie

#### Lunch

Pork Curry  
Steamed Rice  
Potatoes  
Carrots  
Fruit

#### Secondary Second Choice

Chicken Pancit Canton  
Carrots & Cabbage  
Fruit

Thursday, November 7

#### Breakfast

Ham & Egg Scramble  
with Steamed Rice  
Fruit/Fruit Smoothie

#### Lunch

Pepperoni Pizza  
Green Salad with Cucumbers  
& Dressing  
Lentils  
Fruit

#### Secondary Second Choice

Taco Salad  
Lentil Taco Meat/Lentils  
WGR Tortilla/Tortilla Chips  
Fruit

Friday, November 8

#### Breakfast

Pancakes with Syrup  
Bacon  
Fruit

#### Lunch

Chicken Adobo  
Steamed Rice  
Pumpkin & Local Vegetables  
Flavored Milk  
Fruit

#### Secondary Second Choice

Kimchi Fried Rice  
w/ Chicken Bowl  
Pumpkin & Local Vegetables  
Fruit

Monday, November 11

### **Veterans Day No Public School**

#### Breakfast

Assorted Cereal  
Fruit

#### Lunch

Thai Beef Noodle Bowl  
Red Bell Peppers  
Mixed Vegetables  
Fruit

Tuesday, November 12

#### Breakfast

Ham & Cheese Roll  
Fruit/Fruit Smoothie

#### Lunch

Marianas BBQ Burger  
Sandwich Sides  
Potato Wedges  
Fruit

#### Secondary Second Choice

Vigilicious Salad  
Ham/Hard Boiled Eggs  
WGR Penne Pasta  
Fruit

Wed., November 13

#### Breakfast

Breakfast Burrito  
Fruit/Fruit Smoothie

#### Lunch

Beef Bulgogi with Green Bell  
Peppers and Onions  
Steamed Rice  
Carrots  
Fruit

#### Secondary Second Choice

Chicken Kelaguen w/ Titiyas  
Carrot Sticks & Cucumber Sticks  
w/ Dip  
Fruit

Thursday, November 14

#### Breakfast

Fried Rice with Portuguese Sausage  
Fruit/Fruit Smoothie

#### Lunch

Spaghetti Bolognese  
WGR Roll  
Garden Salad w/ Tomatoes & Dressing  
Spanish Chickpeas  
Fruit

#### Secondary Second Choice

Vigilicious Salad  
Ham/Hard Boiled Eggs  
WGR Penne Pasta  
Fruit

Friday, November 15

#### Breakfast

French Toast w/ Syrup & Sausage  
Fruit

#### Lunch

Kung Pao Chicken  
Steamed Rice  
Sesame Broccoli & Local Vegetables  
Flavored Milk  
Fruit

#### Secondary Second Choice

Beef Broccoli  
Steamed Rice  
Bean Sprouts  
Fruit





## Feast o' Fiber!

Lots of the foods we eat on Thanksgiving are good fiber sources, including all of the ones listed below. Find and color all of the letters in these "fiber foods," and then unscramble the leftover letters to learn the name of one Turkey Day favorite that contains no fiber.

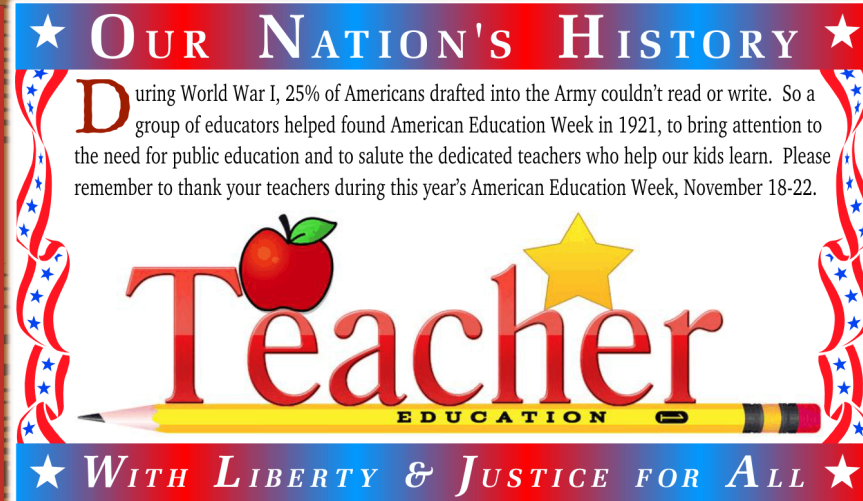
**Broccoli Carrots Pumpkin Pie  
Sweet Potatoes Cranberry Sauce**



**ANSWER:** \_\_\_\_\_

Even though this favorite food doesn't have any fiber, it's still a nutritious source of high quality protein that's relatively low in fat and calories compared to many other protein foods! Enjoy it along with generous portions of the higher-fiber stuff!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



Monday, November 18	Tuesday, November 19	Wed., November 20	Thursday, November 21	Friday, November 22
<b>Breakfast</b> Assorted Cereal Fruit  <b>Lunch</b> Orange Chicken Steamed Rice Pacific Blend Vegetables Fruit	<b>Breakfast</b> French Toast Casserole w/ Berry Sauce Sausage Patty Fruit/Fruit Smoothie  <b>Lunch</b> Subway Sandwich with Honey Onion Dressing on WGR Bun Sandwich Sides Carrot Sticks w/ Ranch Dip Fruit  <b>Secondary Second Choice</b> Taco Salad Lentil Taco Meat/Lentils WGR Tortilla/Tortilla Chips Fruit	<b>Breakfast</b> Grilled Cheese Fruit/Fruit Smoothie  <b>Lunch</b> Beef Steak with Green Peas & Onions Red Rice Broccoli Fruit  <b>Secondary Second Choice</b> Banh Mi Sandwich Pickled Carrots & Radish Broccoli Fruit	<b>Breakfast</b> Ground Beef & Veggie Omelet Steamed Rice Fruit/Fruit Smoothie  <b>Lunch</b> Chicken Alfredo Penne Pasta Garden Salad with Carrots & Dressing Lentils Fruit  <b>Secondary Second Choice</b> Taco Salad Lentil Taco Meat/Lentils WGR Tortilla/Tortilla Chips Fruit	<b>Breakfast</b> Pancakes with Syrup Bacon Fruit  <b>Lunch</b> BBQ Chicken Red Rice Local Vegetables Corn Flavored Milk Fruit  <b>Secondary Second Choice</b> Breaded Chicken Bowl with Mashed Potatoes & Gravy Corn WGR Roll Fruit
Monday, November 25	Tuesday, November 26	Wed., November 27	 <p><b>THANKSGIVING!</b></p> <p><b>ENJOY YOUR HOLIDAY! SEE YOU MONDAY!</b></p>	
<b>Breakfast</b> Assorted Cereal Fruit  <b>Lunch</b> Chicken Lo Mein Carrots Broccoli Fruit	<b>Breakfast</b> Grilled Ham With Fried Rice Fruit/Fruit Smoothie  <b>Lunch</b> <b>Turkey &amp; Gravy</b> WGR Roll <b>Mashed Potatoes</b> Corn Fruit  <b>Secondary Second Choice</b> Vegilicious Salad Ham/Hard Boiled Eggs WGR Penne Pasta Fruit	<b>Education Day No Public School</b>  <b>Breakfast</b> Pan de Sal w/ Egg & Cheese Fruit/Fruit Smoothie  <b>Lunch</b> Grilled Ham Steak Steamed Rice Texas BBQ Beans Red Bell Pepper Green Beans Fruit		