



**School Information:** Come celebrate world Peace day and World French Toast Day!!

## Happy Thanksgiving!!



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Sausage Biscuits, Oatmeal **1**  
With cranberries, Mixed Cereal Bars, Assorted Cereal, Fresh Whole Apples, Sliced Peaches, Assorted Milk, Apple Juice, Orange Juice and Grape Juice.

Chicken Biscuits, Fresh Scrambled Eggs, Mixed Cereal Bars, Assorted Cereal, Whole Oranges, Sliced Pineapple, Assorted Milks, Apple Juice, Orange Juice, and Grape Juice **2**

Sausage Biscuits, French Toast with Syrup, Mixed Cereal Bars, Assorted Cereal, Whole Apples, Mandarin Oranges, Assorted Milks, Apple Juice, Orange Juice and Grape Juice. **3**

Chicken Biscuits, Fresh Scrambled Eggs, Mixed Cereal Bars, Assorted Cereals, Whole Apples, Sliced Peaches, Assorted Milks, Apple Juice, Orange Juice and Grape Juice. **6**

Sausage Biscuits, French Toast with Syrup, Mixed Cereal Bars, Assorted Cereals, Whole Oranges, Mixed Fruit, Assorted Milks, Apple Juice, Oranges Juice, and Grape Juice **7**

Chicken Biscuits, Cinnamon Rolls, Mixed Cereal Bars, Assorted Cereals, Whole Apples, Fresh Pineapple, Assorted Milks, Apple Juice, Orange Juice, And Grape Juice. **8**

Sausage Biscuits, pancake On a stick, Mixed Cereal bar, Assorted Cereal, Whole Apples, Mixed Fruit, Assortment of Milk, Apple Juice, Orange Juice, and Grape Juice **9**

Chicken Biscuits, Grits, Mixed Cereal Bars, Assorted Cereal, Whole Apples, Mandarin Oranges, Assorted Milks, Apple Juice, Orange Juice, And Grape Juice. **10**

Sausage Biscuits, Blueberry Muffins, Mixed Cereal bars, Assorted Cereals, Whole Oranges, Pineapple , Assorted Milks, Apple juice, Orange Juice, And Grape Juice. **13**

Chicken Biscuits, pancake On a stick, Mixed Cereal bar, Assorted Cereal, Whole Apples, Mixed Fruit, Assortment of Milk, Apple Juice, Orange Juice, and Grape Juice **14**

Sausage Biscuits, French Toast with syrup, Mixed Cereal bars, Assorted Cereals, Whole Apples, Mandarin Oranges, Assorted Milks, Apple Juice, Orange juice, and Grape Juice **15**

Chicken Biscuits, Cinnamon Rolls, Mixed Cereal Bars, Assorted Cereals, Whole Apples, Mixed Fruit Cocktail, Assorted Milks, Apple Juice, Orange Juice, and Grape Juice **16**

Sausage Biscuits, Fresh Scrambled eggs, Mixed Cereal bars, Assorted Cereals, Whole Oranges, Sliced Peaches Assorted Milks, Apple Juice, Orange Juice, and Grape Juice **17**

**No School** **20**  
**Thanksgiving Break**

**No School** **21**  
**Thanksgiving Break**

**No School** **22**  
**Thanksgiving Break**

**No School** **23**  
**Thanksgiving Break**

**No School** **24**  
**Thanksgiving Break**

Chicken Biscuits, Grits With butter, Mixed Cereal Bar, Assorted Cereal, Fresh Whole Oranges, Mixed Fruit, Assorted Milk, Apple Juice, Orange Juice, and Grape Juice **27**

Sausage Biscuits, , Fren **28**  
Toast with Syrup , Mixed Cereal Bars, Assorted Cereal, Whole Apples, Mandarin Oranges, Assorted Milk, Apple Juice, Orange Juice, and Grape Juice

Chicken Biscuits, Blueberry Muffins, Mixed Cereal bars, Assorted Cereals, Whole Oranges, Pineapple , Assorted Milks, Apple juice, Orange Juice, And Grape Juice. **29**

Sausage Biscuits, Oatmeal With cranberries, Mixed Cereal Bars, Assorted Cereal, Fresh Whole Apples, Sliced Peaches, Assorted Milk, Apple Juice, Orange Juice and Grape Juice. **30**



**World French Toast day!**