

1 Yogurt & Fruit Parfait (V) Italian Meatball Sub Homestyle Cheese Pizza (V) ~~~~~ Mixed Vegetables, Baby Carrots, Caesar Salad, Fresh Apples & Diced Peaches	2 Italian Deli Sandwich or Chef Salad Giant Beef Taco Spaghetti with Meat Sauce ~~~~~ Green Beans, Fresh Broccoli, Garden Salad, Diced Pears & Orange Smiles	3 Fiesta Salad Sweet & Sour Chick'n with Rice (V) Hot Dog w/Tots ~~~~~ Roasted Broccoli & Carrots, Celery Sticks, Super Salad, Applesauce & Fresh Bananas	4 Crispy Chicken Wrap Bean and Cheese Nachos Italian Dunkers (V) ~~~~~ Aztec Corn, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles	5 Bento Box BBQ Chicken Sandwich Chicken Nuggets & Garlic Knot ~~~~~ Mashed Potatoes & Gravy, Baby Carrots, Super Salad, Cinnamon Swirled Apples & Fresh Bananas
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Fresh Pick of the Month: Sweet Potato! Try the sweet potato fries on the 19th!

8 Ham & Cheese Sandwich Classic Chicken Alfredo Mac Cheeseburger ~~~~~ Wedges, Mixed Vegetables, Baby Carrots, Caesar Salad, Fresh Apples & Diced Peaches	9 Chicken Caesar Salad Glazed Chicken Drumstick Walking Nachos ~~~~~ Aztec Corn, Fresh Broccoli, Garden Salad, Diced Pears & Orange Smiles	10 Turkey & Cheese Sandwich Crispy Chicken Sandwich Baked Penne Pasta (V) ~~~~~ Baked Beans, Celery Sticks, Super Salad, Applesauce & Fresh Bananas	11 Chef Salad Parmesan Chicken Mini Corn Dogs ~~~~~ Honey Glazed Carrots, Fresh Broccoli, Garden Salad, Mixed Fruit & Orange Smiles	12 All American Sandwich Chicken Enchilada Suiza Cheese Pizza (V) ~~~~~ Roasted Broccoli & Carrots, Baby Carrots, Super Salad, Cinnamon Swirled Apples & Fresh Bananas
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Local ingredients used when seasonally available

15 Bento Box Classic Mac & Cheese (V) Black Bean Burger or Popcorn Chicken ~~~~~ Roasted Broccoli, Baby Carrots, Caesar Salad, Fresh Apples & Diced Peaches	16 Chef Salad Chicken Alfredo Spaghetti Beefy Tot'chos ~~~~~ Mexican Bean, Mixed Vegetables, Fresh Broccoli, Garden Salad, Fresh Oranges & Diced Pears	17 Thanksgiving Meal: Turkey, Stuffing, Mashed Potatoes & Gravy with Rolls Hot Dog ~~~~~ Corn, Fresh Broccoli, Super Salad, Applesauce & Special Dessert	18 Yogurt & Fruit Parfait (V) Goey Grilled Cheese Teriyaki Chicken Rice Bowl ~~~~~ Roasted Broccoli & Carrots, Baby Carrots, Garden Salad, Fresh Oranges & Mixed Fruit	19 Ham and Cheese Sandwich Chicken Sandwich Cheese Pizza (V) ~~~~~ Sweet Potato Fries, Celery Sticks, Super Salad, Cinnamon Swirled Apples & Fresh Bananas
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Variety of fat free and low fat milk are offered daily

22 Chef Salad BBQ Chicken Sandwich Spaghetti and Meatballs ~~~~~ Tater Tots, Baked Cinnamon Apples, Baby Carrots, Caesar Salad, Fresh Apples & Diced Peaches	23 Turkey & Cheese Sandwich Cheesy Chicken Quesadilla Lasagna Rollup (V) ~~~~~ Roasted Broccoli & Carrots, Celery Sticks, Garden Salad, Orange Smiles & Diced Pears	24 No School ~~~~~		26 No School ~~~~~
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(V) Denotes a vegetarian friendly item

29 All American Sandwich Cheese Ravioli (V) Chicken Nuggets ~~~~~ Mixed Vegetables, Baby Carrots, Caesar salad, Fresh Apples, Diced Peaches	30 Classic Ham & Cheese Sandwich Cheeseburger Italian Dunkers (V) ~~~~~ Tots, Baked Beans, Fresh Broccoli, Garden Salad, Diced Pears & Oranges Smiles			
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Menu subject to change based on product availability

This institution is an equal opportunity provider.

The Role of Nutrition and Stress

Nutrition and stress often go hand-in-hand, with some people tending to overeat when stressed and others limiting their food intake due to an upset stomach or indigestion. Certain foods increase the physical stress on your body by making digestion more difficult, or by denying the brain essential nutrients. With a sensible diet, it's possible to reduce the effects of stress, avoid some common problems and protect your health. Nutrients such as Vitamins B and C, calcium, magnesium and zinc can be depleted by stress. To help your body better manage stress and avoid nutrient depletion, you should always aim to eat breakfast, plan

meals in advance, pack healthy snacks, minimize caffeine from tea, coffee and sodas and fill up on hydrating water. For added calcium, consume yogurts, smoothies and even calcium-fortified orange juice. B vitamins can be obtained by eating wholesome grains and vitamin C, and magnesium can be found in many fruits and vegetables. Giving your body nutrition it needs is a positive step you can take every day toward combating stress. With the correct nutrition, you are better prepared to face the challenges of the day.

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 1 Oatmeal Round Yogurt & Fruit Parfait Assorted Muffins Raisins and Fruit	November 2 Pancakes Yogurt & Fruit Parfait Mixed Fruit	November 3 Biscuit & Gravy Yogurt & Fruit Parfait Fresh Banana & Orange Smiles	November 4 Tater Tot Burrito Yogurt & Fruit Parfait Diced Pears	November 5 Breakfast Pizza Yogurt & Fruit Parfait Orange Smiles
November 8 Sausage Biscuit Yogurt & Fruit Applesauce	November 9 Whole Grain Bagel Blueberry Muffin Diced Peaches	November 10 French Toast Sticks Fruit & Yogurt Apple Slices	November 11 Honey Glazed Chicken Biscuit Chocolate Muffin Banana	November 12 Cinnamon Roll Fruit & Yogurt Raisins and Fruit
November 15 American Breakfast Sandwich Yogurt & Fruit Parfait Raisins and Fruit	November 16 Pancakes Yogurt & Fruit Parfait Diced Peaches	November 17 Oatmeal Round Yogurt & Fruit Parfait Bananas & Orange Smiles	November 18 Breakfast Taco Roll Yogurt & Fruit Parfait Orange Smiles	November 19 Cinnamon Roll Yogurt & Fruit Parfait Applesauce
November 22 Confetti Pancakes Fruit & Yogurt Diced Pears	November 23 Breakfast Pizza Fruit & Yogurt Mixed Fruit	November 24 No School	November 25 Happy Thanksgiving	November 26 No School
November 29 Mini Cinnamon Bagels Chocolate Muffin Mixed Fruit	November 30 Bacon Scramble Breakfast Pizza Yogurt Parfait Apples & Raisins			Variety of Cereal Offered Daily

Fresh Pick Recipe

BAKED SWEET POTATO FRIES WITH GARLIC-LEMON YOGURT DIPPING SAUCE

- 3 Sweet potatoes (cut in half/each half cut in 6 wedges/placed in cold water)
- 1 ½ T Olive oil
- Salt and pepper to taste
- 1 c Yogurt (plain/non-fat)
- 1 t Garlic (minced)
- 1 ½ T Lemon juice
- 1 T Chives (minced)
- 1 T Parsley (minced)

1. Prepare ingredients as directed.
2. Preheat oven to 425 degrees.
3. Drain potatoes and place on paper towel to absorb the water.
4. Spray baking sheet with oil Place wedges on baking sheet.
5. Drizzle the potatoes with the oil and desired salt and pepper.
6. Mix potatoes so they are evenly coated with the oil.
7. Place in oven for 30 minutes or until the potatoes are cooked and crispy on the outside.
8. In small bowl, mix yogurt, garlic, lemon juice, chives and parsley. Serve with the wedges as a dipping sauce.

