

1 Homestyle Cheese Pizza (V) ~~~~~ Mixed Vegetables Diced Peaches	2 Spaghetti with Meat Sauce ~~~~~ Green Beans Diced Pears	3 Hot Dog ~~~~~ Tater Tots Applesauce	4 Italian Dunkers (V) ~~~~~ Aztec Corn Mixed Fruit	5 Chicken Nuggets & Garlic Knot ~~~~~ Mashed Potatoes & Gravy Cinnamon Swirled Apples
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Fresh Pick of the Month: Sweet Potato! Try the sweet potato fries on the 19th!

8 Cheeseburger ~~~~~ Potato Wedges Diced Peaches	9 Walking Nachos ~~~~~ Aztec Corn Diced Pears	10 Crispy Chicken Sandwich ~~~~~ Baked Beans Applesauce	11 All American Sandwich ~~~~~ Veggie Cup w/Ranch Mixed Fruit	12 Cheese Pizza (V) ~~~~~ Roasted Broccoli & Carrots Cinnamon Swirled Apples
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Local ingredients used when seasonally available

15 Classic Mac & Cheese (V) ~~~~~ Roasted Broccoli Diced Peaches	16 Chicken Alfredo Spaghetti ~~~~~ Mixed Vegetables Diced Pears	17 Thanksgiving Meal Turkey, Mashed Potatoes & Gravy with Dinner Roll ~~~~~ Applesauce Special Dessert	18 Grilled Cheese Sandwich ~~~~~ Roasted Broccoli & Carrots Mixed Fruit	19 Ham and Cheese Sandwich ~~~~~ Sweet Potato Fries Cinnamon Swirled Apples
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Variety of fat free and low fat milk are offered daily

22 Crispy Chicken Sandwich ~~~~~ Tater Tots Diced Peaches	23 Cheesy Quesadilla ~~~~~ Roasted Broccoli & Carrots Diced Pears	24 No School ~~~~~		26 No School ~~~~~
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(V) Denotes a vegetarian friendly item

29 Chicken Nuggets ~~~~~ Mixed Vegetables Diced Peaches	30 Italian Dunkers (V) ~~~~~ Baked Beans Diced Pears			
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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 Mini Bagels Cinnamon Toast Crunch Cereal Juice	November 2 Pancakes Yogurt Mixed Fruit	November 3 Biscuit & Gravy Cinnamon Chex Cereal Fresh Banana	November 4 Cheerios Cereal Yogurt Diced Pears	November 5 Breakfast Pizza Cinnamon Toast Crunch Cereal Orange Smiles
November 8 Sausage Biscuit Cinnamon Toast Crunch Cereal Applesauce	November 9 Mini Bagels Yogurt Diced Peaches	November 10 French Toast Sticks Cinnamon Chex Cereal Apple Slices	November 11 Honey Glazed Chicken Biscuit Yogurt Banana	November 12 Cinnamon Toast Crunch Cereal Yogurt Mixed Fruit
November 15 American Breakfast Sandwich Cinnamon Toast Crunch Cereal Juice	November 16 Pancakes Yogurt Diced Peaches	November 17 Banana Muffin Cinnamon Toast Crunch Cereal Mixed Fruit	November 18 Breakfast Taco Roll Yogurt Orange Smiles	November 19 Mini Bagels Cinnamon Toast Crunch Cereal Applesauce
November 22 Confetti Pancakes Cinnamon Toast Crunch Cereal Diced Pears	November 23 Yogurt Cinnamon Chex Cereal Mixed Fruit	November 24 No School	November 25 Happy Thanksgiving	November 26 No School
November 29 Mini Bagels Cinnamon Toast Crunch Cereal Juice	November 30 Bacon Scramble Breakfast Pizza Yogurt Orange Smiles			

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.

