


Monday	Tuesday	Wednesday	Thursday	Friday
3 Oatmeal Squares w/1% Milk Banana Chicken Alfredo W.W. Bread w/butter Steamed Broccoli Applesauce & 1% Milk Goldfish Crackers Fruit Cocktail	4 W.G. English Muffin w/jelly Clementines & 1% Milk Swedish Meatballs W.G. Dinner Roll w/butter Mashed Potatoes Diced Pears & 1% Milk Veggie Sticks w/Ranch Grapes	5 Scrambled Eggs Pineapples & 1% Milk Pulled Pork Sandwich W.G. bun Ketchup/BBQ Sauce Corn on the Cob Mandarin Oranges 1% Milk Boiled Egg & Strawberries	6 French Toast Sticks Diced Peaches & 1% Milk Tator Tot Casserole W.G. Dinner Roll w/butter Grape Tomatoes Kiwi & 1% Milk Cheese Stick Orange Slices	7 No School
10 Honey Bunches of Oats Banana & 1% Milk Three Cheese Pizza Pepita Seeds Sugar Snap Peas w/Ranch Applesauce & 1% Milk Bagel w/dip Pear Wedges	11 Veteran's Day Closed	12 Breakfast Pizza Strawberries 1% Milk W.W. Quesadillas Sour Cream/Salsa Cooked Beans Pineapple & 1% Milk Rice Cake & Yogurt	13 Vanilla Yogurt Berries & 1% Milk Hot Dog on a W.G. Bun Ketchup/Mustard Sweet Potato Fries Apple Wedges 1% Milk Orange/Strawberry Julius Graham Crackers	14 Biscuit w/ honey Clementine & 1% Milk Meatloaf Mashed Potatoes w/gravy Fruit Varsity W.G. Dinner Roll 1% Milk 1% Cottage Cheese Diced Peaches
17 Corn Flakes w/1% Milk Clementine W.W. Ham/Cheese Sandwich Rainbow Carrots w/Ranch Applesauce 1% Milk W.G. Sweet Potato Bites Broccoli w/ ranch	18 Cinnamon Swirl Toast Berries & 1% Milk Meatball sandwich W.G. bun Celery sticks Kiwi 1% Milk Banana Sushi	19 Breakfast Burritos Diced Peaches w/1% Milk Chicken Strips Ketchup/BBQ Sauce Brown Rice/Quinoa Corn Grapes & 1% Milk Popcorn Strawberries	20 Waffles w/ syrup Orange Wedges 1% Milk Spaghetti Squash Lasagna W.G. Breadstick Sliced Pears 1% Milk Fruit Smoothie Crackers	21 Graham Crackers Mandarin Oranges 1% Milk Bean and Cheese Burrito Salsa/Sour Cream Fruit Varsity Baby Carrots w/Ranch 1% Milk W.G. Breadstick Diced Pears
24 Parent Teacher Conference No School	25 Parent Teacher Conference No School	26 No School	27 Thanksgiving Day No School 	28 No School

November Menu

Harvest of the Month Corn



Corn is a nutritious whole grain that provides fiber, protein, and essential vitamins and minerals like Vitamin C, B vitamins, potassium, and magnesium. It is low in fat and sodium and contains antioxidants that can support eye and heart health.

Key nutritional benefits of corn:

- **Fiber:** Corn is rich in dietary fiber, which aids in digestion and helps you feel full longer.
- **Vitamins:** It is a good source of Vitamin C (for tissue repair and immune support) and B vitamins, such as thiamin (B1), which helps the body use energy.
- **Minerals:** Corn provides essential minerals like potassium, magnesium, and zinc.
- **Low in fat:** It is naturally low in fat and contains no cholesterol or sodium.
- **Antioxidants:** Corn contains carotenoids, a group of antioxidants, including lutein and zeaxanthin, which are beneficial for eye health.
- **Protein:** It contains protein, which helps you feel full and is higher in protein than many other vegetables.

Tips for choosing and preparing corn:

- **Fresh is best:** During the summer harvest season, look for ears with soft, green husks and dry silks.
- **Other options:** Fresh, frozen, and canned corn all offer the same nutritional benefits.
- **Healthy snacks:** Air-popped popcorn is a great whole-grain snack. Prepare it without butter or oil and use a sprinkle of salt-free seasonings instead.