



What's on  
**YOUR**  
plate?

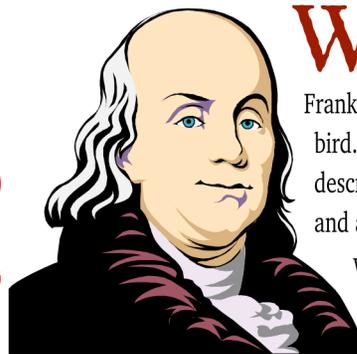


# NUTRITION TO GO

Some people blame the sleepiness they feel after Thanksgiving dinner on the turkey, which does contain a natural sedative known as tryptophan. But beef and chicken contain this substance, too. Post-meal drowsiness on Thanksgiving is caused by eating an unusually large, multi-course meal, NOT just by the turkey!

## A QUICK BITE FOR PARENTS

# ★ OUR NATION'S HISTORY ★



When the bald eagle was adopted as a national emblem in 1782, Ben Franklin opposed the choice of that "cowardly" bird. His choice? The noble turkey, which he described as "a much more respectable bird, and a true original Native of America, which would not hesitate to attack a British Soldier who should presume to invade his farm yard with a red coat on."

★ WITH LIBERTY & JUSTICE FOR ALL ★

Find the two dozen Thanksgiving words!

- |         |              |
|---------|--------------|
| AMERICA | MAYFLOWER    |
| COLONY  | PIE          |
| COOK    | PILGRIMS     |
| CORN    | PLYMOUTH     |
| ENGLAND | PUMPKIN      |
| FALL    | SAIL         |
| FAMILY  | SETTLERS     |
| FEAST   | SQUASH       |
| FREEDOM | STUFFING     |
| GRAVY   | THANKSGIVING |
| HARVEST | TURKEY       |
| MAIZE   | YAMS         |



S M K E Y D E Z I A M C N N  
P U M P K I N G G K A O G Z  
M C M R G L G M C O L O N Y  
O M O C R H L F F T T K I X  
B I D S Q U A S H S E D V P  
A S E C O R N M A E A D I I  
J E E I P A D E E V G W G L  
E N R T I L F M Y R N J S G  
O O F M T K Y E S A I L K R  
O C D R G L K M E H F C N I  
L I I P I R E W O L F Y A M  
B S G M U L A R B U U W H S  
Z F A T P O D V S I T U T A  
J F A L L S M A Y H S H Z B

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

**No School!**

**Parent Teacher Conferences!**



Tuesday, November 19

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Funnel Cake with Sausage

**Lunch**

Lasagna Roll up with Garlic  
Bread Stick  
Hot Dog on a Roll  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Fresh Veggies/Sauerkraut  
Fruit and Milk

Wed., November 20

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Egg, Ham, Cheese Bagel

**Holiday Lunch**

Turkey and Dressing  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Mashed Potatoes / Fresh Veggies  
**Pumpkin Dessert!**  
Fruit and Milk

Thursday, November 21

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Sausage and Cheese Muffin

**Lunch**

Creamy Macaroni and Cheese  
with Roll  
Cheese Steak Hoagies  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Steamed Broccoli / Fresh Veggies  
Baked Fruit Crisp and Milk

Friday, November 22

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
French Toast Sticks

**Dominos-Lunch**

Plain or Pepperoni Pizza  
Fish Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Zesty Baked Beans/ Fresh  
Veggies  
Fruit I and Milk

Monday, November 25

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Mini Waffles

**Lunch**

Chicken Nuggets with Whole  
Wheat Roll  
Pulled Pork BBQ Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
2 Pierogis /Fresh Veggies /  
Fruit and Milk

Tuesday, November 26

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Cinnamon Rolls

**Lunch**

Popcorn Chicken Mashed Potato  
Bowl with Roll  
BBQ Rib Sandwich  
PB & J Sandwich  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Golden Corn /Fresh Veggies  
Fruit and Milk

Wed., November 27

**Breakfast**

Choice of Juice, Fruit and Milk  
Cold Cereal, Bagels,  
Egg and Cheese Bagel

**Lunch**

Funnel Cake with Sausage Links  
Turkey and Cheese Panini  
Salad Bar / Deli Hoagie / Wrap  
Sides:  
Carrots / Fresh Veggies  
Fruit and Milk



ENJOY YOUR HOLIDAY!  
SEE YOU TUESDAY!