

WARM AND SOAPY. Daily Breakfast Menu You wash your hands to get 0_0

Yogurt Varieties String Cheese Stick Low-Sugar Cereal 100% Fruit Juice Low-Fat and Skim Milk rid of germs - and water alone can't do that. You need soap and warm water to rinse away bacteria. So soap up your hands, pull them out of the water stream and rub them all over for at least ten or

fifteen seconds, and then rinse off.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. **WELLNESS IS A WAY OF LIFE!**

Roanoke City Public Schools

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Monday, November I

Breakfast Item of the Day

Mini Pancakes

Lunch

Chicken Patty Sandwich Fresh Tomato & Lettuce Slices Macaroni Salad **Baked Beans** Chilled Peaches *Vegetable Quesedilla

Tuesday, November 2

Breakfast Item of the Day

Fresh Fruit

Lunch

Shrimp Poppers w/ Mac & Cheese Seasoned Green Beans Spiced Applesauce Roll *School Choice Entrée

Early Dismissal

Wednesday, November 3

Breakfast Item of the Day

Warm Chicken Biscuit

Breakfast for Lunch

Pancakes Scrambled Eggs Biscuit Baked Apples Potato Rounds *School Choice Entrée

Thursday, November 4

Breakfast Item of the Day

Peach Cup

Lunch

Chili Cornbread Pineapple Cup X-Ray Carrots *Grilled Cheese

Friday, November 5

Breakfast Item of the Day

Cinnamon Toast

Lunch

Chef Salad Crackers Chilled Mixed Fruit Seasoned Corn *Chicken Nuggets w/ Roll

★ VETERANS' DAY NOVEMBER 11★

Monday, November 8

Breakfast Item of the Day

Fruit Cup

Lunch

Corn Dog Fresh Vegetable Sticks w/ Low-Fat Dipping Cup Chilled Pears Orange Rice Pudding *Tuna Salad Sub

Tuesday, November 9

Breakfast Item of the Day

Waffle

Lunch

Salisbury Steak Roll Green Beans Mashed Potatoes Fresh Fruit *School Choice

Wednesday, November 10

Breakfast Item of the Day

Fresh Fruit

Lunch

Turkey Sandwich Golden Corn & Carrots Chilled Peaches Macaroni Salad **Applesauce Cake** *Fish Treasures

Early Dismissal

Thursday, November II

Breakfast Item of the Day

Sausage Biscuit

Lunch

Pizza Dippers w/ Marinara Sauce Fresh Fruit Potato Salad *Chicken Strips

Friday, November 12

Breakfast Item of the Day

Pop-Tart

Lunch

Bean Soup French Breadstick Chilled Fruit Cocktail Steamed Broccoli Gingerbread *School Choice Entrée

I am the letter







EXPLORING THE SECRETS OF "MY PYRAMID"

nscramble the letters below to find the names of some favorite November holiday foods. Then write the circled letters on the line and unscramble them to find the bonus answer. GOOD LUCK!

Monday, November 15

Breakfast Item of the Day

Graham Crackers

Lunch

Chicken Nuggets Baked Tater Tots Pasta Salad Chilled Peaches *Asian Stir-Fry

Tuesday, November 16

Breakfast Item of the Day

Warm Steak Biscuit

Lunch

Fish Sandwich Seasoned Peas Fresh Fruit Sugar Cookie *School Choice Entrée

Wednesday, November 17

Breakfast Item of the Day

Fresh Fruit

Lunch

Taco Pie w/ Salad Topping Mixed Fruit Cup Mexicali Corn Sherbet *Sloppy Joe on Bun

Thursday, November 18

Breakfast Item of the Day

English Muffin w/ Jelly

Lunch

Cheeseburger
Fresh Lettuce & Tomato
Slices
Baked French Fries
Fresh Fruit
Granola Bar
*Tuna Salad w/ Crackers

Friday, November 19

Breakfast Item of the Day Fruit Cup

<u>Lunch</u>

Chicken Fajita Spanish Rice Baked Nacho Scoops Salsa Mandarin Oranges *School Choice Entrée

V A G Y R

YRETKU



















Bonus Answer

LETTERS:

CIRCLED

LEARN MORE AT WWW.KIDSHEALTH.ORG/ KIDSTAY_HEALTHY/FOOD/PYRAMID.HTML

Monday, November 22

Breakfast Item of the Day

Pancakes

Lunch

Grilled Cheese Tomato Soup Seasoned Broccoli Fruit Cup *School Choice Entrée

Tuesday, November 23

Breakfast Item of the Day

Fresh Fruit

Thanksgiving Meal

Turkey and Dressing
Stuffing
Seasoned Green Beans
Glazed Sweet Potatoes
Cranberry Sauce
Roll

Wednesday, November 24

School Choice Menus

Early Dismissal

See you back here on Monday, November 29! Happy Thanksgiving

Monday, November 29

Breakfast Item of the Day

Mini Pancakes

Lunch

Fiesta Mac
Seasoned Peas
Chilled Pears
Roll
*PB&| Sandwich

Tuesday, November 30

Breakfast Item of the Day

Fresh Fruit

<u>Lunch</u>

Chef Salad w/ Low-Fat Dressing Crackers Fresh Fruit Seasoned Lima Beans *School Choice Entrée



Offered Daily

Chef Salad Fresh Fruit Milk