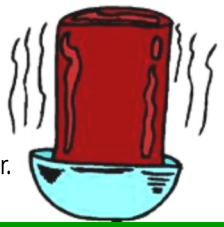
Monday, November 17	Tuesday, November 18	Wednesday, November 19	Thursday, November 20	Friday, November 21
Breakfast Whole Grain Item Fruit Milk **Lunch** Deli Turkey/Bun Carrot Sticks W/Ranch Pretzels Chilled Mixed Fruit Milk Ketchup-Mustard-Mayo	**Breakfast** Whole Grain Item Fruit Milk **WASH/JH** Hot item **Lunch** Eggs Pancakes W/Syrup Veggie Slushy Chilled Pears Milk	**Breakfast** Whole Grain Item Fruit Milk **Lunch** Chicken Nuggets Baby Red Mashed Potatoes Applesauce Cup Milk Ketchup-BBQ Sauce	**Breakfast** Whole Grain Item Fruit Milk **WASH/JH** Hot item **Lunch** Turkey Pretzel Cheese Sauce Little Smokies Baked Beams Fresh Grapes Milk	**Breakfast** Whole Grain Item Fruit Milk **Lunch** **Cheeseburger/Bun** **French Fries** **Baked Apple** **Cinnamon Rings** **Milk** **Ketchup-Mustard-Pickles**

What's on YOUR plate?

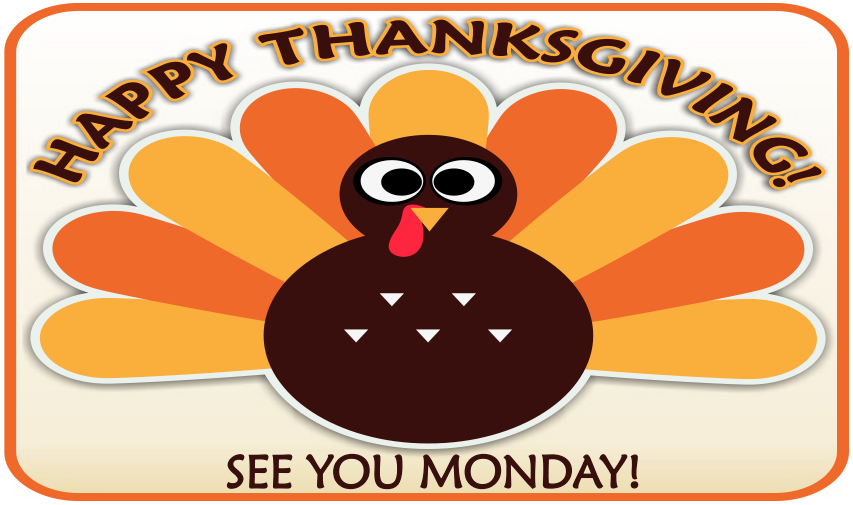
Default fruit.

There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has "berry" right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly ¼ cup contains 6 teaspoons of sugar. That's an entire day's worth!



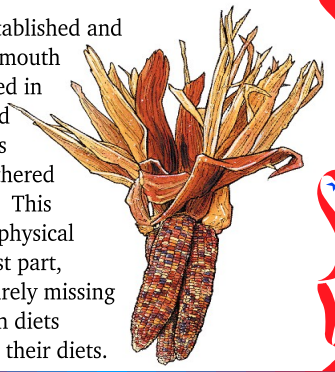
TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

Monday, November 24	Tuesday, November 25
Breakfast Whole Grain Item Fruit Milk **Lunch** Hot Ham & Swiss on Croissant Cooked Carrots Sun Chips Watermelon Raisels Milk	**Breakfast** Whole Grain Item Fruit Milk **WASH/JH** Hot item **THANKSGIVING DINNER** DICED TURKEY W/GRAVY MASHED POTATOES DINNER ROLL /Butter CRANBERRY SAUCE TURKEY SUGAR COOKIE MILK



★ Our Nation's History ★

In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.



★ With Liberty & Justice for All ★