

Garfield School District

November 2017 Snack Menu

NUTRITION NEWS:

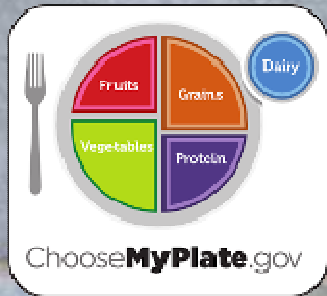
Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

MENU SUBJECT TO CHANGE


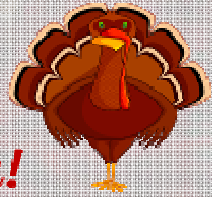

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"This institution is an equal opportunity provider"

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try to fill at least half your plate with fruits and vegetables!</p>		1 Kids Mix 6 oz. 100% Juice Choice	2 Whole Grain Cinnamon Poptart 6 oz. 100% Juice Choice	3 Cookie Animal Cracker 6 oz. 100% Juice Choice
6 Scooby Doo Graham Crackers 6 oz. 100% Juice Choice	7 School Closed	8 Bug Bites Crackers 6 oz. 100% Juice Choice	9 School Closed	10 School Closed
13 Blueberry Muffin 6 oz. 100% Juice Choice	14 Cheez-It Crackers 6 oz. 100% Juice Choice	15 Kids Mix 6 oz. 100% Juice Choice	16 Whole Grain Cinnamon Poptart 6 oz. 100% Juice Choice	17 Cookie Animal Cracker 6 oz. 100% Juice Choice
20 Scooby Doo Graham Crackers 6 oz. 100% Juice Choice	21 Chocolate Chip Muffin 6 oz. 100% Juice Choice	22 Half Day Bug Bites Crackers 6 oz. 100% Juice Choice	23 School Closed Happy Thanksgiving!	24 
27 Blueberry Muffin 6 oz. 100% Juice Choice	28 Cheez-It Crackers 6 oz. 100% Juice Choice	29 Kids Mix 6 oz. 100% Juice Choice	30 Whole Grain Cinnamon Poptart 6 oz. 100% Juice Choice	

Healthy Meals Grow Healthy Kids