

Menu for November 2015

Families Making the Connection

Thank a Farmer

Do you know where the food you eat comes from? Chances are there is a connection to a farmer somewhere along the way. As the U.S. celebrates Thanksgiving this month, take an opportunity to learn more about the farmers in your area. You can also reach out to thank them for their hard work. The USDA *Know Your Farmer, Know Your Food* initiative helps to make connections between farmers and consumers. The North Carolina Department of Agriculture & Consumer Services (NCDA&CS) offers a N.C. Farm Fresh Directory of pick-your-own farms, roadside farm markets, and farmers markets.

USDA and this institution are equal opportunity providers and employers.

Breakfast Options Daily: Yogurt, Cereal, Bagel or Muffin with Fruit and Milk

Breakfast \$1.50

Lunch \$2.50

Milk .40

Monday November 2	Tuesday November 3	Wednesday November 4	Thursday November 5	Friday November 6
Natural Pepperoni Pizza or Cheese Pizza	Painted Hills All Natural Beef Hamburger or Eggplant Parmesan	Pasta and Meatballs	Pulled Pork Sandwich	No School
November 9	November 10	November 11	November 12	November 13
Oven Fried Chicken and Biscuit	All Beef Hot Dog and Boston Baked Beans	Veterans Day No School	Natural Beef or Bean Nachos	Oven Roasted Teriyaki Chicken and Brown Rice
November 16	November 17	November 18	November 19	November 20
Cheese Pizza or Pesto Pizza	Cheese Ravioli in Bolognese Sauce with Breadstick	Quesadilla with side of seasoned Black Beans	Painted Hills All Natural Beef Hamburger and Oven Fries	Chicken Potstickers and Pineapple Fried Rice
November 23	November 24	November 25	November 26	November 27
Oven Fried Chicken and Biscuit	BBQ Chicken Sandwich and Cole Slaw	No School	Happy Thanksgiving No School	No School
November 30	All Beef Hot Dog with JoJo's			

November

- American Diabetes Month
- Good Nutrition Month
- Thanksgiving