

***Healthy tip of the month**

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. The good news is people who are at risk for type 2 diabetes, can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.



Christa McAuliffe - Lunch Menu – November 2017



Milk is served with every lunch.

Menu subject to change.

Lunch \$3.25

Breads/Buns are whole grain rich.



	Mon	Tue	Wed	Thu	Fri	Sat
K			1 French Toast Sausage Potato Cubes Cucumbers Apple Juice	2 Corn Dog Mac & cheese Hot Carrots Cucumbers Pineapple	3 Cheese Pizza Salad Cucumbers Fresh Carrots sidekick	4
5 A	6 Chicken Nuggets Mashed Potato White Beans Orange	7 Meatball sub Hot Carrots Tater tots Pineapple	8 Ham Sub Fruit Cup Salad Cucumbers	9 Chicken Alfredo Broccoli Salad Apple	10 Cheese Pizza Sidekick Cucumbers Salad	11
12 H	13 Frittata Hash Brown Sausage Cucumbers Apple Juice	14 Hot Dog Baked Beans Sweet Potato Apple	15 Cheese Calzone Cucumbers Salad Mandarin Orange Marinara sauce	16 Cheeseburger Lettuce Tomatoes Tater Tots Orange	17 Cheese Pizza Sidekick Cucumbers Salad	18
19 U	20 Roast Turkey With Gravy Mashed Potato Corn / Roll Apples	21 Italian Sub Fruit Cup Salad Cucumbers				25
26 P	27 Salisbury Steak Mashed Potato White beans Cucumber Applesauce	28 Pasta With Chicken Parmesan Salad Hot Carrots Apple	29 Breaded Steak Mashed Potatoes Broccoli Orange	30 Chicken Nuggets Spiral Potato Corn Peaches	1 Cheese Pizza Sidekick Cucumbers Salad	2

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