

MONTHLONG EVENTS

- » Epilepsy Awareness Month
- » National Adoption Month
- » National Native American Heritage Month
- » National Diabetes Month
- » National Healthy Skin Month
- » National Scholarship Month

National Native American Heritage Month

With 566 different recognized tribes in the U.S., it is important to celebrate the culture of the First Nations without appropriating or offending these diverse Native groups. So how, exactly, do you celebrate?

- » Place photos of famous individuals (e.g. Pocahontas, Crazy Horse, Sacajawea, etc.) on each table, with their pictures on the front and their unique stories on the back.
- » Display a big map on one wall, with push pins or colorful flags identifying the locations of different tribes in the U.S.
- » Instead of decorating with native cultural designs, place pictures of tribes-people along your line (both vintage photos and modern ones, illustrating the persistence and modernity of the First Nations).
- » Collaborate with history teachers on lessons involving food, pottery, art and everyday life.


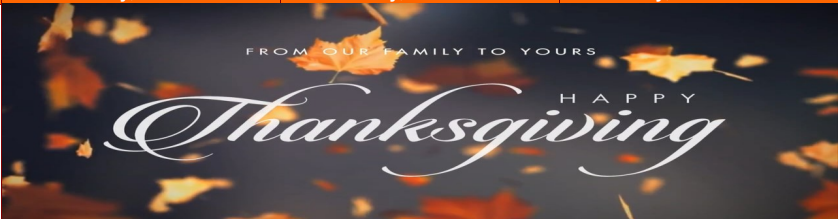
High School Offered:

1. Milk 8fl oz. 1% Low Fat or Fat Free Choc
2. 2 oz Meat / Meat Alternative
3. 1 cup of Fruit
4. 1 Cup of Vegetables
5. Grains 10—12 week (51% Whole Grain)

****All students may refuse 2 of the above but must take 1 cup of fruit / veggie equivalent.****

November 2019

High School Lunch Menu

				Friday, November 1
				
Monday, November 4	Tuesday, November 5	Wednesday, November 6	Thursday, November 7	Friday, November 8
Chicken Sandwich WG Carrots Lettuce Sliced tomato Oranges / Apples Sliced Peaches Ketchup Packet	CLOSED	Chicken Teriyaki Baked Beans Corn WG Rice Corn Muffin WG Mango Juice Apples / Oranges	Pizza WG Garden Salad Green Beans Apples Oranges Craisins Apple Sauce Cup	Chicken Nuggets WG Smiley Fries Apples Apple Sauce Cup Corn, Peas & Carrots Ketchup Packet
Monday, November 11	Tuesday, November 12	Wednesday, November 13	Thursday, November 14	Friday, November 15
CLOSED	Chicken Taco WG Garbanzo Beans Corn Oranges Apples Sliced Peaches	Macaroni & Cheese WG Garden Salad Carrots Apples Oranges Craisins Corn Muffin	HALF DAY	HALF DAY
Monday, November 18	Tuesday, November 19	Wednesday, November 20	Thursday, November 21	Friday, November 22
Chicken Corn Dog WG Garden Salad Baked Beans Apples / Oranges Strawberries Ketchup Packet	Chicken Taco WG Garbanzo Beans Corn Oranges Apples Sliced Peaches	Chicken Alfredo Pasta WG Broccoli Green Beans Sliced Peaches Cherry Veggie Slushy Craisins	Pizza WG Garden Salad Green Beans Apples Oranges Craisins Apple Sauce Cup	Chicken Nuggets WG Smiley Fries Corn Muffin WG Applesauce Cup Corn, Peas & Carrots Ketchup Packet
Monday, November 25	Tuesday, November 26	Wednesday, November 27	Thursday, November 28	Friday, November 29
Cheeseburger /WG Roll Carrots Corn Apples / Oranges Strawberries Ketchup Packet	HALF DAY			

****This institution is an equal opportunity provider.****

****Menu subject to change based on freshness, delivery, inclement weather and/or availability.****

November

- Good Nutrition Month
- Thanksgiving