

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.

Middle School Offered:

1. Milk 8 fl oz. 1% Fat Free or Fat Free Choc
2. 1.5 oz. Meat / Meat Alternative (weekly minimum 9—10)
3. 1/2 Cup Fruit
4. 1/2 Cup of Vegetables
5. Grains 8—10 week (51% Whole Grain)

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

November 2019

Middle 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 Ketchup Packet	CLOSED	Chicken Teriyaki Green Beans Corn WG Rice Corn Muffin WG Sliced Peaches	Pizza WG Garden Salad Green Beans Apples Oranges	Chicken Nuggets WG Smiley Fries Applesauce 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	Macaroni & Cheese WG Garden Salad Apples Oranges Applesauce Cup	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 Sliced Oranges	Chicken Taco WG Garbanzo Beans Corn Oranges Apples	Chicken Alfredo Pasta Broccoli Green Beans Sliced Peaches Applesauce Cup	Pizza WG Garden Salad Green Beans Apples Oranges	Chicken Nuggets WG Smiley Fries 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 Sliced Oranges 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