

**\*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 2018

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
J	<b>November</b>			1 Pancake Wrap Potato cubes Cucumbers Apple Juice Syrup	2 Cheese Pizza Fresh Carrots Salad Sidekick	3
4 B	5 Corn dog Green Beans Potato Cubes Hot Apple	6 Tacos Black beans Lettuce Tomatoes Orange	7 Pasta With Meat sauce Salad Apple Roll	8 Cheeseburger Corn Sweet Potato Mandarin Orange	9 Cheese Pizza Salad Cucumbers Sidekick	10
11 H	12 Frittata Hot Roll Hash Brown Sausage Patty Cucumbers Apple Juice	13 Hot Dog Baked beans Sweet Potato Apple	14 Cheeseburger Tater Tots Lettuce Tomatoes Orange	15 Chicken Alfredo Broccoli Fresh Carrots Peaches Roll	16 Cheese Pizza Cucumber Fresh Carrots Sidekick	17
18 U	19 Roast Turkey With Gravy / Roll Mashed Potato Corn / Fresh Carrots Apple Juice	20 Ham Sub Fruit Cup Salad Cucumber	<b>Happy Thanksgiving</b>			24
25 A	26 Chicken Nuggets Mashed Potato White Beans Orange	27 Meatball Sub Tater Tots Hot Carrots Pineapple	28 Italian Grilled Chicken Sandwich Spiral Potato Green Beans Applesauce	28 Chicken Alfredo Broccoli Salad Apple Roll	30 Cheese Pizza Cucumbers Salad Sidekick	

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