

FREE MEALS FOR ALL STUDENTS

Choice of Milk and a variety of Fruit & 100% Fruit Juice offered Daily. Condiments are served with appropriate menus.

GIVE THANKS

November 2021

Crenshaw County Schools
This institution is an equal opportunity provider.

Supply and demand.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. We thank our parents and kids in advance for your on-going understanding of this situation!

School Meals
We serve education every day™



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

November 1	November 2	November 3	November 4	November 5
BREAKFAST WG Hot Strudel	BREAKFAST WG Cinnamon Roll	BREAKFAST WG Pop-Tart	BREAKFAST WG Breakfast Pizza	BREAKFAST WG Sausage Biscuit
LUNCH Cheese Enchiladas w/Queso Garden Salad Steamed Broccoli Salsa	LUNCH Corndog Hash Brown Green Beans Mini Rice Krispie	LUNCH Italian Cheesy Bread Marinara Sauce Refried Beans Chopt Salad Corn on the Cob	LUNCH Chicken Noodle Soup Grilled Cheese WG Crackers Hash Brown Tomato & Broccoli	LUNCH WG Pizza Garden Salad Potato Rounds WG Cookies

November 8	November 9	November 10	November 11	November 12
BREAKFAST WG Hot Strudel	BREAKFAST WG Cinnamon Roll	BREAKFAST WG Pop-Tart	<p>Veterans Day</p>	BREAKFAST WG Mini Pancakes
LUNCH Sausage Dog WG Bun WG Cheez-Its Corn Nuggets Steamed Broccoli w/cheese	LUNCH Taco Salad w/ Beef Tortilla Chips Lettuce Tomato Onion WK Corn Salsa	LUNCH Chicken Filet Sandwich Lettuce Tomato Onion Green Beans		LUNCH BBQ Pork Sandwich Sweet Potato Fries Baked Beans Coleslaw

What do turkeys eat?

Some examples:

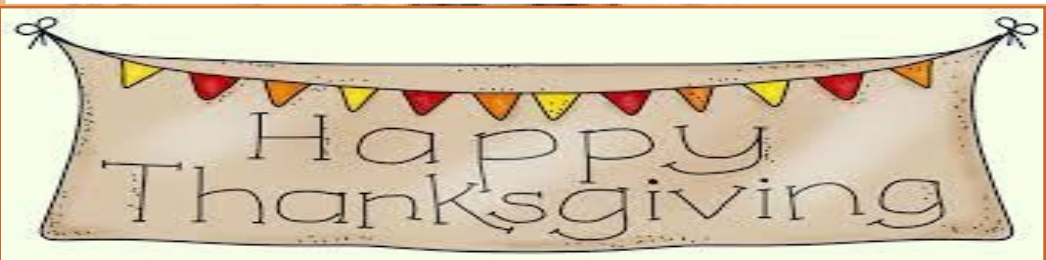
Acorns Seeds Wild Grapes
Berries Grass Leaves
Insects

www.thebirdfeednyc.com

November 15	November 16	November 17	November 18	November 19
BREAKFAST WG French Toast	BREAKFAST Yogurt WG Animal Crackers	BREAKFAST WG Muffin	BREAKFAST WG Breakfast Pizza	BREAKFAST WG Sausage Biscuit
LUNCH Beef-A-Roni WG Sliced Bread Spinach Salad Mandarin Oranges	LUNCH Chicken Nuggets WG Roll Sweet Potato Fries Broccoli Salad Baby Lima Beans	LUNCH Cheeseburger Potato Rounds Lettuce & Tomato Onions Pineapple Slices	LUNCH Turkey Roast Cornbread Dressing Sweet Potato Casserole Green Beans	LUNCH Ham & Cheese Sandwich Baked Chips Hash Brown Lettuce & Tomato



November 22 - November 26



Q: Why did the turkey join the band?
A: Because it had the drumsticks.



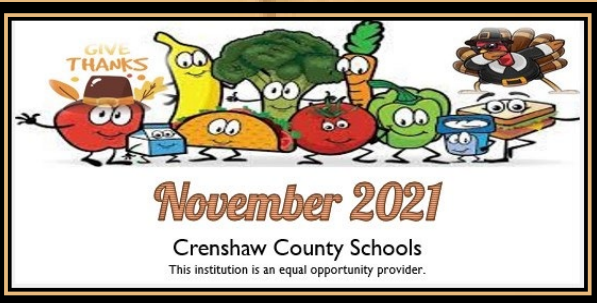
Choice variety of Fruit & 100% Fruit Juice offered Daily. Condiments are served with appropriate menus.

November 29	November 30
BREAKFAST WG Mini Pancakes	BREAKFAST WG Muffin
LUNCH Country Fried Steak WG Roll Mashed Potatoes Gravy Turnip Greens	LUNCH Pizza WK Corn Potato Wedges WG Cookies




Satsumas


- Fun Facts**
- The name Satsuma came from the name of the Japanese province where it came from more than 700 years ago.
 - Satsumas are considered cold hardy fruits and can withstand major drops in temperature.
 - They are great in all kinds of recipes including beverages, cakes, desserts, salads or as a garnish. Satsumas make a great sauce to top off chicken or fish because of their intense flavor.
 - The thin skin makes Satsumas easy to peel.
 - Satsumas are extremely nutritious because they contain high levels of Vitamin C. Vitamin C helps your skin and hair, plus it boosts your immune system and prevents you from getting sick.
 - Most satsumas only have about 65 calories and are relatively low in sugar, even with their sweet flavor.




FUN FOOD BONE BUILDERS




TOP SOUP WITH SHREDDED CHEESE




TRY A CHEESE QUESADILLA WITH GRILLED VEGGIES



FREEZE STRAWBERRY MILK OR CHOCOLATE PUDDING INTO POPSICLE MOLDS



DRINK YOGURT AND FRUIT SMOOTHIES



THE DAIRY ALLIANCE
 thedairyalliance.com