



EXPLORING THE SECRETS OF "MY PYRAMID"

Unscramble the letters below to find the names of some favorite November holiday foods. Then write the circled letters on the line and unscramble them to find the bonus answer. **GOOD LUCK!**

V A G Y R Y R E T K U

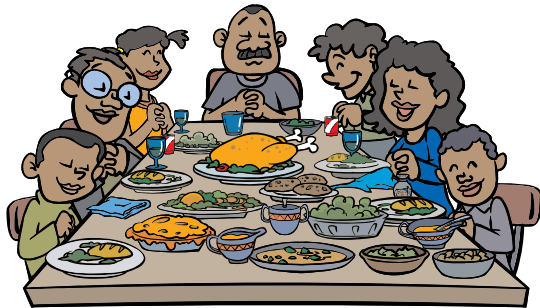
M I P P K N U E I P

N I C D A D E M A S Y

H E A D S M O T P A S O T E

G R I D E S S N

A B N E R C R Y R A C S U E



Bonus Answer

CIRCLED LETTERS: _____

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML

<p>Monday, November 15</p> <p>Breakfast Sausage and Egg Biscuit Potato Tots OR Assorted Cereal w/ Toast Assorted Juice</p> <p>Lunch Chicken BBQ Sandwich Cheese Burger Baked Potato Wedges Mixed Fruit Cup</p>	<p>Tuesday, November 16</p> <p>Breakfast Pancakes w/ Syrup Linked Sausage OR Assorted Cereal w/ Toast Assorted Juice</p> <p>Lunch Spaghetti w/ Meat Sauce Garden Salad Garlic Bread Stick Fresh Fruit</p>	<p>Wednesday, November 17</p> <p>Breakfast Oatmeal Banana Bread Muffin OR Assorted Cereal w/ Toast Assorted Juice</p> <p>Lunch Chicken Nuggets Mashed Potatoes Mixed Vegetables Flavored Apple Sauce</p>	<p>Thursday, November 18</p> <p>Breakfast Waffle and Syrup Sausage Patty OR Assorted Cereal w/ Toast Assorted Juice</p> <p>Lunch Chicken and Rice Green Beans W/W Roll Diced Peaches</p>	<p>Friday, November 19</p> <p>Breakfast Sausage Gravy Biscuit OR Assorted Cereal w/ Toast Assorted Juice</p> <p>Lunch Pepperoni Pizza Garden Salad Fresh Fruit</p>
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**Fall Break:
Nov. 22-26**

See you back here on
Monday, November 29!

Happy Thanksgiving

<p>Monday, November 29</p> <p>Breakfast Cheese Toast Grits and Ham Cubes OR Assorted Cereal w/ Toast Assorted Juice</p> <p>Lunch Hot Dog Mac and Cheese Garden Peas Flavored Apple Sauce</p>	<p>Tuesday, November 30</p> <p>Breakfast Waffle w/ Syrup Sausage Patty OR Assorted Cereal w/ Toast Assorted Juice</p> <p>Lunch Chili con Carne w/ Beans and Grilled Cheese Sandwich Carrot Sticks Peach Cup</p>
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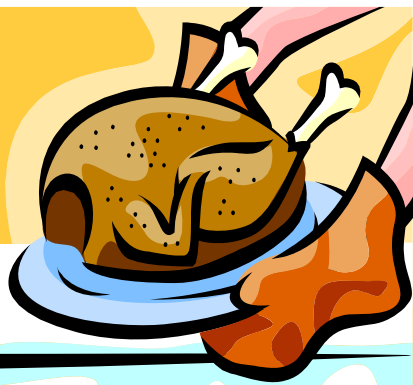
Pay for meals on-line at Mealpayplus.com!

Brain Ticklers

What city has no people but lots of lights?

(Hold the page upside down and read it in a mirror for the answer!)

Menus for November



Choice of Low Fat or Fat Free Milk Offered

Blountstown Elementary School

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NUTRITION TO GO

Croissants are light and airy, right? Actually, a medium croissant contains 12 grams of fat, seven grams of saturated fat, and more calories than an English muffin or a bagel -- and that's before you add any butter! A bagel with light cream cheese or English muffin with jelly is actually far "lighter."

A TASTY MORSEL FOR PARENTS

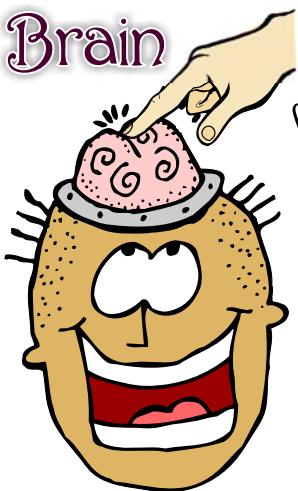
WARM AND SOAPY.

You wash your hands to get rid of germs - and water alone can't do that. You need soap and warm water to rinse away bacteria. So soap up your hands, pull them out of the water stream and rub them all over for at least ten or fifteen seconds, and then rinse off.



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

Brain Ticklers



What city has no people but lots of lights?

(Hold the page upside down and read it in a mirror for the answer!)

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Monday, November 1

Breakfast

Sausage Gravy W/
Biscuit OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Stew Beef and Gravy
Buttered Rice
Turnip Greens Corn Bread
Diced Peaches

Tuesday, November 2

Breakfast

Pancakes w/ Syrup
Linked Sausage OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Honey Lemon Chicken
Quick Baked Potato
W/W Roll
Tropical Fruit

Wednesday, November 3

Breakfast

Scrambled Eggs w/ Grits
Pumpkin Muffin OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Beef Ravioli w/ Meat Sauce
Garden Peas
Bread Stick
Apple Crisp

Thursday, November 4

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Beef Vegetable Soup w/
Grilled Cheese Sandwich
Cinnamon Roll
Mixed Fruit

Friday, November 5

Breakfast

French Toast Sticks
Syrup OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Stuffed Crust Pizza
Garden Salad
Fresh Fruit

Monday, November 8

Breakfast

Sausage Pancake on a Stick
Syrup OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Corn Dog Nuggets
Mac and Cheese
Mixed Vegetables
Apple Sauce

Tuesday, November 9

Breakfast

Scrambled Eggs
Cheese Grits OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Beef-a-Roni
Green Beans
Mixed Fruit
W/W Roll

Wednesday, November 10

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Beef Tacos w/ Lettuce, Tomato
and Cheese
W/K Corn
Fresh Fruit

Thursday, November 11

Breakfast

Grits w/ Ham
Cheese Toast OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Chicken and Rice
Buttered Carrots
W/W Roll
Diced Peaches

Friday, November 12

Breakfast

French Toast Sticks
Syrup OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Cheese Pizza
Garden Salad
Fresh Fruit

Thank You



★ VETERANS' DAY NOVEMBER 11 ★