### Menus For November

**Colquitt County Schools**

This institution is an equal opportunity provider.

**Election Day is November 8.**

**Everyone over 18 should get out and VOTE!**

<table>
<thead>
<tr>
<th>Monday, November 7</th>
<th>Tuesday, November 8</th>
<th>Wednesday, November 9</th>
<th>Thursday, November 10</th>
<th>Friday, November 11</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Whole Wheat Sweet Roll</td>
<td>Chicken Biscuit (WG)</td>
<td>Grilled Cheese Sandwich</td>
<td>WG Morning Sausage Roll</td>
<td>Sausage Sandwich (WG)</td>
</tr>
<tr>
<td>Cheese Stick Or</td>
<td>Mustard/Jelly Or</td>
<td>on WG Bread Or</td>
<td>Mustard/Jelly Or</td>
<td>Mustard/Jelly Or</td>
</tr>
<tr>
<td>WG Cereal /WG Toast</td>
<td>WG Cereal</td>
<td>WG/Cereal/WG Toast/Jelly</td>
<td>WG Cereal</td>
<td>WG Cereal</td>
</tr>
<tr>
<td>Or</td>
<td>WG Biscuit/Jelly</td>
<td>W/Banana</td>
<td>WG Biscuit/Jelly</td>
<td>WG Biscuit/Jelly</td>
</tr>
<tr>
<td>W/Orange Slices</td>
<td>W/Apple Slices</td>
<td>Apple Juice/Milk</td>
<td>W/Grapes</td>
<td>Mixed Fruit Cup</td>
</tr>
<tr>
<td>Grape Juice/Milk</td>
<td>Orange Juice/Milk</td>
<td></td>
<td></td>
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<tr>
<td><strong>Lunch</strong></td>
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</tr>
<tr>
<td>Teriyaki Chicken Nuggets w/WG Roll</td>
<td>Fish Filet on WG Bun</td>
<td>Oven Roasted Chicken Or</td>
<td>Spaghetti w/Breadstick</td>
<td>Grilled Chicken Sandwich</td>
</tr>
<tr>
<td>Or</td>
<td>Or</td>
<td>Salisbury Steak w/Gravy</td>
<td>Or</td>
<td>on WG Bun Or</td>
</tr>
<tr>
<td>Sloppy Joe on WG Bun</td>
<td>Hot Dog on WG Bun</td>
<td>Mashed Potatoes</td>
<td>Or</td>
<td>PBJ w/Cheese Stick</td>
</tr>
<tr>
<td>Steamed Carrots</td>
<td>French Fries</td>
<td>Green Beans</td>
<td>WG Pepperoni Pizza</td>
<td>Potato Wedges</td>
</tr>
<tr>
<td>Black Eyed Peas</td>
<td>Cole Slaw</td>
<td>WG Roll</td>
<td>Niblet Corn</td>
<td>Garden Salad</td>
</tr>
<tr>
<td>Diced Pears</td>
<td>Chilled Peaches</td>
<td>Fruit Mix Cup</td>
<td>Steamed Broccoli</td>
<td>Apple Slices</td>
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<tr>
<td></td>
<td></td>
<td>w/Cool Whip</td>
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</tbody>
</table>

**Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for seconds.**

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**The Family That Eats Together.**

Family meals don’t just improve kids’ nutrition – eating together also helps boost social skills and increase kids’ appreciation for the value of food and the effort needed to fix meals.

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**Our Nation’s History**

Boston Light sits outside the harbor of Boston, Massachusetts. The original lighthouse started operating 300 years ago this fall in 1716 and was the first lighthouse on our shores. The light pictured here replaced the first one in 1783. Today, Boston Light’s white beacon flashes every 10 seconds and can be seen more than 30 miles out to sea.

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**With Liberty & Justice for All**
Breakfast
WG Breakfast Pizza
Or
WG Cereal/WG Toast/Jelly
W/Apple Slices
Orange Juice/Milk

Lunch
Chicken Sliders
Or
WG Corn Dog
Baked Potato
Butter Beans
Mixed Fruit

Breakfast
Egg Munchie w/Toast Or
WG Cereal
Graham Crackers
W/Orange Sections
Apple Juice/Milk

Lunch
Spaghetti w/WG Noodles
Or
Tuna Salad w/Crackers
Niblet Corn
Garden Salad
Pineapple Chunks

Breakfast
Whole Wheat Sweet Roll
W/Cheese Stick or
WG Cereal/Toast
W/Orange Slices
Grape Juice/Milk

Lunch
Turkey/Dressing or
Chicken Bites
Green Beans
Yam Patties
Tunip Greens
Corn Bread
Banana

Breakfast
Steak Biscuit (WG)
Mustard/Jelly Or
WG Cereal/WG Toast/Jelly
W/Grapes
Apple Juice/Milk

Lunch
Pepperoni Pizza
Or
WG PB&J Sandwich
w/ Cheese Stick
French Fries
English Peas
Frozen Cherry Juice Bar

Available Daily Fat Free Milk:
Chocolate
Strawberry
Vanilla
White
1% White Milk
No High Fructose Corn Syrup

Breakfast
WG Breakfast Pizza  Or
WG Cereal/Graham
Crackers
W/Orange Sections
Apple Juice/Milk

Lunch
Spaghetti w/WG Noodles
Or Egg Roll
Niblet Corn
Garden Salad
WG Breadstick
Pineapple Chunks
WG M&M Cookie

Breakfast
WG Breakfast Pizza  Or
WG Cereal/Graham
Crackers
W/Orange Sections
Apple Juice/Milk

Lunch
Spaghetti w/WG Noodles
Or Egg Roll
Niblet Corn
Garden Salad
WG Breadstick
Pineapple Chunks
WG M&M Cookie

Breakfast
Chicken Biscuit (WG)
Mustard/Jelly Or
WG Cereal
WG Biscuit/Jelly
W/Apple Slices
Orange Juice/Milk

Lunch
Toasted Ham & Cheese
on WG Bun Or
WG Corn Dog
French Fries
English Peas
Peach Cups

Two of Moultrie’s Finest, Lt. Alfred Anderson & Cpl. Fernando Hernandez, served lunch at RB Wright in honor of “National School Lunch Week”. Pictured with the officers are Xylin Sibley and Charles Stevens, RB Wright students.

Karen Williams, Doerun Elementary Cafeteria Manager, and prize winning student, Sanya Alford, flash a big smile for the camera.

Board Member, Ms. Trudie Hill, poses with prize winning students at Cox Elementary in celebration of “National School Lunch Week”.

Eat more fish!
Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for “Cranberry Sauce Recipe” and make your own this year. It’s quick and simple and much healthier!