



Nutrition & Wellness News Nov. 18, 2022

Breakfast Menu - served 7:45-8:05 a.m.



Nov 21-24	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel or Breakfast Bar	Breakfast Burrito	Waffle and Sausage	
Choice 2	Assorted Cereal	Assorted Cereal	Assorted Cereal	
Choice 3	String Cheese	Yogurt	Hardboiled Eggs	
Sides	Carrots, Apples Applesauce Cup	Carrots, Apples Cinni-Peaches Cup	Carrots, Apples Strawberry Cup	

Lunch Menu

Nov 20-23	Meatless Monday	Taco Tuesday	Wacky Wednesday	Thanksgiving Thursday
Hot Choice	Cheese Breadstick Breadstick stuffed with Cheese and Marinara Sauce to dip	Fiesta Chicken Wrap Whole Wheat Tortilla with Fiesta Chicken Strips	Thanksgiving Feast Turkey and Gravy Mashed Potatoes & Stuffing	
Cold Choice	Peanut Butter & Jelly Sand Whole Wheat Bread with Peanut Butter and Grape Jelly	Nacho Fun Box Tortilla Chips, Cheese Sauce, & Salsa	Fun Box Yogurt, String Cheese & Gold Fish Crackers	

Salad Bar

Variety of Salad, Vegetables, Fruits, Protein and Toppings

Fresh Fruit & Vegetable Program (FFVP)

FFVP	Corno de Torro, Sweet P or Pinnacle Farms	Fresh Pears	Pineapple	No School
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This institution is an equal opportunities provider. Menu subject to change without prior notice.

Choice of 1% or fat-free milk offered with every meal.

Mix it Up

WITH THE NATIONAL SCHOOL LUNCH PROGRAM



Available to all students at no charge



LEARN MORE

This institution is an equal opportunity provider.

FRESH
FRUIT &
VEGETABLE
PROGRAM

THANKSGIVING

Like a Nutritionist

Use these simple tips for a mindful Thanksgiving

1

Have a healthy breakfast to start off your day.



2

Small portions are key to enjoy without over eating, you can always go for seconds.



3

Remember to savor not only the food, but time with your loved ones too.



4

Let go of the guilt, one extra slice of pie won't break you.

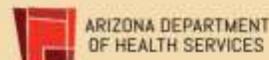


5

Always give thanks, the good and the bad experiences are life lessons learned.



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ARIZONA DEPARTMENT OF HEALTH SERVICES

Happy

Thanksgiving!



Follow these food safety tips for a safe holiday!

Make sure to cook your turkey until the internal temperature reaches **165°F**

Separate raw meats and poultry from food that won't be cooked by using separate cutting boards, plates, and utensils.

It can take up to 6 days to thaw a turkey, depending on its weight - thaw completely before cooking.

Store leftovers in the refrigerator for up to 3-4 days or freeze to keep longer.

Wash your hands after handling raw meat and poultry products and before touching prepared foods.

For more information, visit:

azhealth.gov/foodsafety