

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pizza Tossed Salad Fresh Fruit Milk	4 NO SCHOOL	5 Scrambled Eggs Gravy & Biscuit French Fries Applesauce Milk	6 Beef Taco w/ Cheese Corn Fresh Fruit Milk	7 Hotdog w/ Chili Whole Grain Bun Baked Beans Diced Pears Milk
10 Chicken Rings Mashed Potatoes Tangerine Whole Grain Roll Milk	11 NO SCHOOL	12 Vegetable Beef Soup Grilled Cheese Craisins Milk	13 Turkey & Cheese Melt Glazed Carrots Fresh Fruit Milk	14 Fish Wedge Mac & Cheese Pinto Beans Sliced Peaches Milk
17 Pizza French Fries Fresh Fruit Milk	18 Corndog Minis Sweet Potato Fries Fruitables Milk	19 Sliced Turkey w/ Gravy Whole Wheat Roll Green Beans Baked Apples Milk	20 Beef-a-Roni Corn Fresh Fruit Milk	21 Manager's Choice
24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL

Did you know?

November's birthstone is topaz (particularly yellow) which symbolizes friendship and the citrine.

Health Benefits of The Great Pumpkin:

According to the National Institutes of Health, a cup of cooked, mashed pumpkin contains more than 200 percent of the recommended daily intake of vitamin A, which aids in maintaining good vision.

Pumpkins are also rich in carotenoids, the compounds that give the gourds their bright orange color, including beta-carotene, which the body converts into a form of vitamin A.

Pumpkin is also a good source of fiber, with three grams per cup, and only 49 calories! This means it can keep you feeling full for a longer period of time with fewer calories. In addition, a fiber-rich diet seems to help people eat less and thereby shed pounds.

Finally, nuts and seeds, including those from pumpkins, are naturally rich in certain plant-based chemicals called phytosterols that have been shown to reduce LDL or "bad" cholesterol.

For more information visit <http://www.huffingtonpost.com/>

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