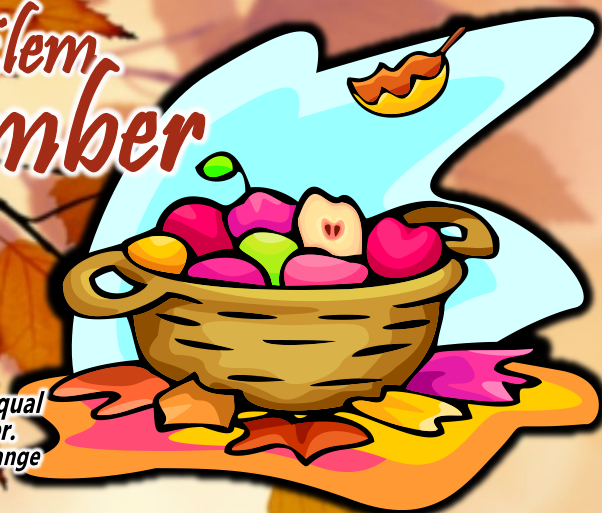
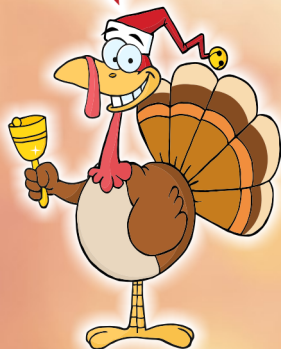


Toccoa Elem November 2022

*This institution is an equal
opportunity provider.
Menus are subject to change*



Only 29 more
school days 'til
Winter Break!



Supply and demand. And cost.

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. Plus our food costs are sky-high, as you probably understand from your own trips to the grocery store. We thank our parents and kids in advance for your on-going understanding of this situation!

School Meals
We serve education every day™

Tuesday, November 1

Breakfast
Sausage
Biscuit

Lunch
Mini Quesadillas
w/Salsa & Cheese
Refried Beans
Fruit

Wednesday, November 2

Breakfast
Breakfast
Strudel

Lunch
Hamburger
Baked Beans
Potato Smiles
Fruit

Thursday, November 3

Breakfast
Zee Zee
Bar

Lunch
Chicken
Drumstick
Dinner Roll
Mashed Potatoes
Broccoli
Fruit

Friday, November 4

Breakfast
Chicken
Biscuit

Lunch
Pizza
Garden Salad
Corn
Sidekick Fruit Cup

Monday, November 7

Breakfast
Muffin

Lunch
BBQ Sandwich
Baked Beans
Sindwinder Fries
Fruit

Tuesday, November 8

Breakfast
Sausage
Biscuit

Lunch
Chicken Fajita
Wrap
w/ Salsa & Cheese
Corn & Black
Beans
Fruit

Wednesday, November 9

Breakfast
Mini
Cinnis

Lunch
Rotini Pasta
w/ Meat Sauce
Garlic Bread
English Peas
Fruit

Thursday, November 10

Breakfast
Pancake
Pup

Lunch
Loaded
Baked Potato
w/Chili
Broccoli
Fruit

Friday, November 11

Breakfast
Chicken
Biscuit

Lunch
Pizza Stix
w/Marinara
Garden Salad
Corn
Sidekick Fruit Cup

Students:

Breakfast-No Charge
Lunch-No Charge

Daily Options:

PBJ Sandwich,
String Cheese & Daily Fruit/Veggie
Choices
or
Protein Power Pack
with Yogurt,
String Cheese,
Grain, & Daily
Fruit/Veggie Choices

All meals include milk choice:
Fat Free Flavored,
Skim, and 1% milk

Harvest of the Month
Sweet Potatoes

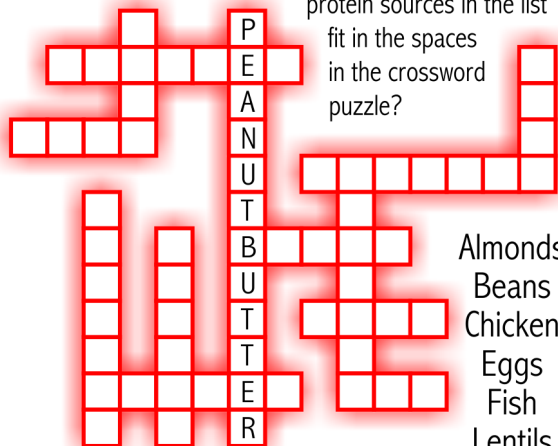




Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than ½ the fat and ¼ of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 14

Breakfast
Belgian
Waffle

Lunch
Grilled Cheese
Tomato Soup
Veggie Dipper
Tator Tots
Fruit

Tuesday, November 15

Breakfast
Sausage
Biscuit

Lunch
Walking Taco
w/ Lettuce,
Cheese, & Salsa
Refried Beans
Fruit

Wednesday, November 16

Breakfast
Toaster
Pastry

Lunch
Turkey w/Gravy
Stuffing
Green Beans
Sweet Potato Soufflé
Roll
Cookie
Thanksgiving Meal

Thursday, November 17

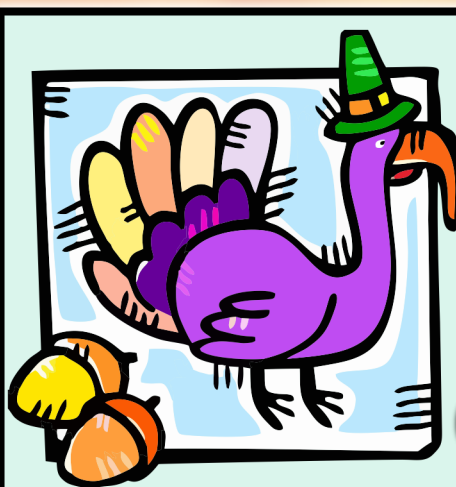
Breakfast
Breakfast
Donut

Lunch
Chicken
Nuggets
Dinner Roll
Broccoli
Potato Wedges
Fruit

Friday, November 18

Breakfast
Chicken
Biscuit

Lunch
Ham & Cheese
Sandwich
Veggie Dippers
Baked Chips
Fruit



Thanksgiving Beak Break!

See you beak back here
on Monday, November 28!

Monday, November 28

Breakfast
Cereal w/
Milk

Lunch
Hot Dog
French Fries
Baked Beans
Fruit

Tuesday, November 29

Breakfast
Sausage
Biscuit

Lunch
Spaghetti
w/Meat Sauce
Garlic Bread
Glazed Carrots
Fruit

Wednesday, November 30

Breakfast
Cinnamon Toast
Bar

Lunch
Brunch
for Lunch
Breakfast Pizza
Hashbrown
Fruit

AMERICAN COUGARS GROW UP TO **8 FEET LONG** AND CAN WEIGH **200 POUNDS**, BUT THEY AREN'T CONSIDERED ONE OF THE "BIG CATS" BECAUSE **THEY CAN'T ROAR**. THE SOUNDS THEY MAKE ARE THE SAME PURRS, SCREAMS, HISSES, AND LOW-PITCHED GROWLS THAT **THE FAMILY CAT** MAKES- **ONLY LOUDER!**

**STRANGE
BUT TRUE!**

