JOIN LOGAN & MIA THE GREAT PLATE OF TEXAS

ROJESER





MONDAY

Cheese OR Pepperoni Pizza Salad Fresh Broccoli Bites Fresh Fruit Fruit Juice Ranch

TUFSDAY

Beef Ravioli OR Hot Dog **Baked Beans** Curly Fries Diced Pears Fruit Slush Ketchup

WEDNESDAY

Soft Tacos OR Beef Nachos Refried Beans Steamed Corn Spanish Rice Fresh Fruit Fruit Juice /Cookie4

THURSDAY

Crispito/Cheese OR Corn Dog Santa Fe Blend Celery Sticks **Peach Slices** Fruit Slush Ranch

FRIDAY

Chili Pie OR Hamburger Let/Tom/Pick Cup Carrots, Baby Chips Fresh Fruit Fruit Juice Vatabus /Mayo /Muste

GOOD EATS AT:

TIOGA ISD LUNCH 6-8

Cheese OR Pepperoni Pizza Salad Mixed Vegetables Fresh Fruit Fruit Juice Ranch

Burrito OR Hot Dog Refried Beans Carrots, Baby Spanish Rice Fruit Slush Ranch

Rosy Applesauce

Chicken Nuggets OR Steak Fingers Mashed Potato Steamed Corn Fresh Fruit Fruit Juice WW Roll/Gravy Cookie/Ketchup

Meatball Sub OR Corn Dog Curly Fries Steamed Broccoli Fruit Cocktail Fruit Slush Ranch

Grilled Cheese Sandwich OR Cheeseburger Let/Tom/Pick Cup Chili Beans Fresh Fruit Fruit Juice Ketchup/Mayo/Mustar

Hamburger OR Spicy

SPECIAL ANNOUNCEMENTS

DAILY OFFERINGS FAT FREE CHOCOLATE M 1% PLAIN MILK

> November 19th Holiday Meal HAPPY THANKSGIVING!! Menu Subject to Change

Cheese OR Pepperoni Pizza Salad Steamed Corn Fresh Fruit Fruit Juice 16 Ranch

Chicken Sandwich OR Hot Dog Carrots, Baby Let/Tom/Pick Cup Diced Peaches Fruit Slush Mayo/Mustard/Ketc / Ranch

Mac & Cheese OR Corn Dog Curly Fries Steamed Broccoli Mandarin Oranges Fruit Slush Ketchup 18

Ham Mashed Potato Green Beans Corn Casserole WW Roll Fruit Mix Cranberry Sauce 19 Holiday Pie

Chicken Sandwich Chips Let/Tom/Pick Cup **Baked Beans** Fresh Fruit Fruit Juice Mayo/Mustard/Ketchu

> THANKSGIVING **HOLIDAY**

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HOLIDAY

THANKSGIVING

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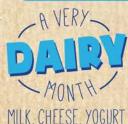
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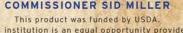
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Cheese OR Pepperoni Pizza Salad Corn on Cobb Fresh Fruit Fruit Juice Ranch









IT'S NOVEMBER, and this month we are discovering dairy, a food group that can be a nutritious part of your school meal. Milk is a popular dairy product and it is an excellent source of calcium and vitamin D. The delicious low-fat or fat-free milk you get at school comes from dairy cows.

FOOD: Milk CATEGORY: Dairy

REGIONS WITH FRESH SELECTIONS: Statewide

DISTINGUISHING CHARACTERISTICS OF MILK:

Refreshing drink usually served cold.



WHAT TO KNOW:

Dairy products help build strong bones so you can grow up healthy and mooove fast. Three daily servings of dairy products are recommended for school age children.

DID YOU KNOW?:

In an average day a Texas dairy cow will eat about 90 pounds of feed, drink a bathtub full of water and produce 5 to 6 gallons of milk. That's about 80 glasses of milk!





JOKE:
Q: What do you call a cow that won't give milk?

COMING IN

DECEMBER:

POTATOES

A: A milk dud!

EXPLORER'S NOTEBOOK:

Yogurt

Thanksgiving is just around the corner, and there are lots of ways to make dairy products part of your holiday meal. Low-fat dairy products like yogurt and reduced-fat cheese can be tasty additions to many dishes and a glass of milk tastes great with any meal. A little dairy will go a long way toward making your Thanksgiving meal even more delicious while helping you build strong, healthy teeth and bones!