JOIN LOGAN & MIA THE GREAT PLATE OF TEXAS

REVERSER





MONDAY

French Toast Sticks OR Cereal Yogurt Syrup

TUESDAY

Pancake on Stick OR Cereal Pop Tart Syrup

Pancakes OR

Cereal

Pop Tart

Syrup

WEDNESDAY

Skillet Omelet OR Cereal WW Toast Jelly Salsa

Breakfast on Bun

OR

Cereal

Mozzarella

String Cheese

Skillet Omelet

OR

Cereal

WW Toast

THANKSGIVING

HOLIDAY

Stick

THURSDAY

Breakfast Pizza OR Cereal Yogurt

12

FRIDAY

Biscuit Sausage OR Cereal Sausage Jelly

Biscuit OR Cereal Mozzarella

String

Cheese Stick Gravy/ Jelly 13

Breakfast Pizza

OR

Cereal

Pop Tart

Waffles OR

Cereal

Pop Tart

Biscuit Sausage OR Cereal

Sausage Jelly

20

Muffin OR Cereal Mozzarella

String Cheese Stick 9

French Toast

Sticks OR

Cereal

Pop Tart

10

OR Cereal

Pop Tart Syrup

THANKSGIVING

HOLIDAY

Pancake on Stick

Jelly 18 Salsa

THANKSGIVING

HOLIDAY

19

THANKSGIVING **HOLIDAY**

Syrup

THANKSGIVING **HOLIDAY**

23

16

24

26



TEXAS DEPARTMENT OF AGRICULTURE

This institution is an equal opportunity provider.

SPECIAL ANNOUNCEMENTS

GOOD EATS AT:

Tioga ISD

Breakfast

Daily Offerings Fat Free Chocolate Mill 1 % Plain Milk Fruit Fruit Juice

MENU SUBJECT TO CHANGE









COMMISSIONER SID MILLER This product was funded by USDA.



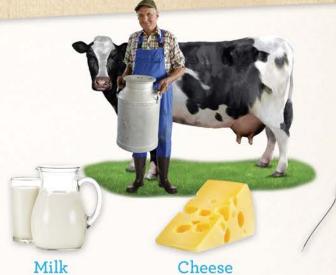
IT'S NOVEMBER, and this month we are discovering dairy, a food group that can be a nutritious part of your school meal. Milk is a popular dairy product and it is an excellent source of calcium and vitamin D. The delicious low-fat or fat-free milk you get at school comes from dairy cows.

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!