

Menus for November 2022

After School Snack Program
Henry County Elementary Schools

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

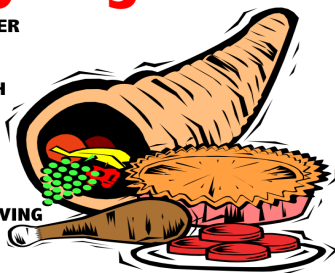


What's on YOUR plate?



Find the two dozen Thanksgiving words!

- AMERICA
- COLONY
- COOK
- CORN
- ENGLAND
- FALL
- FAMILY
- FEAST
- FREEDOM
- GRAVY
- HARVEST
- MAIZE
- MAYFLOWER
- PIE
- PILGRIMS
- PLYMOUTH
- PUMPKIN
- SAIL
- SETTLERS
- SQUASH
- STUFFING
- THANKSGIVING
- TURKEY
- YAMS



S M K E Y D E Z I A M C N
P U M P K I N G G K A O G Z
M C M R G L G M C O L O N Y
O M O C R H L F F T T K I X
B I D S Q U A S H S E D V P
A S E C O R N M A E A D I I
J E E I P A D E E V G W G L
E N R T I L F M Y R N J S G
O O F M T K Y E S A I L K R
O C I D R G L K M E H F C N I
L I I P I R E R W O L F Y A M
B S G M U L A R B U U W H S
Z F A T P O D V S I T U T A
J F A L L S M A Y H S H Z B

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

PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's easier to do with a partner, and it's easier still with an entire family -- YOURS! Thanksgiving weekend is the perfect time to start. And let the little kids play, too!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

NUTRITION TO GO

Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for seconds.



A TASTY MORSEL FOR PARENTS

Monday, October 31
WG Muffin
100% Fruit Juice

Tuesday, November 1
Smart Snack Chips
100% Fruit Juice

Wednesday, November 2
WG Cereal
Milk

Thursday, November 3
WG Elf Graham Crackers
100% Fruit Juice

Friday, November 4
Mini Chocolate Chip
WG Cookies
Milk

Monday, November 7
WG Muffin
100% Fruit Juice

Tuesday, November 8
Professional Learning Day
No School

Wednesday, November 9
WG Cereal
Milk

Thursday, November 10
Goldfish Crackers
100% Fruit Juice

Friday, November 11
Mini Chocolate Chip
WG Cookies
Milk

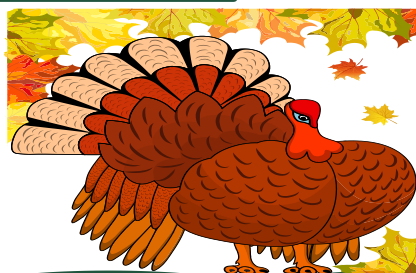
Monday, November 14
WG Muffin
100% Fruit Juice

Tuesday, November 15
Smart Snack Chips
100% Fruit Juice

Wednesday, November 16
WG Cereal
Milk

Thursday, November 17
WG Elf Graham Crackers
100% Fruit Juice

Friday, November 18
Mini Chocolate Chip
WG Cookies
Milk



Enjoy Thanksgiving Break

November 21-25

Monday, November 28
WG Muffin
100% Fruit Juice

Tuesday, November 29
Smart Snack Chips
100% Fruit Juice

Wednesday, November 30
WG Cereal
Milk

Thursday, December 1
Goldfish Crackers
100% Fruit Juice

Friday, December 2
Mini Chocolate Chip
WG Cookies
Milk