**FFVM**

The vegetable of the month is zucchini. Zucchini is a good source of fiber, this helps keep a healthy weight. High in Vitamin C, zucchini is good for your skin and helps you to not get sick.

**Word of the Month**

char·i·ta·ble

adj. 1. full of love for and goodwill toward others  2. Generous to those in need  3. merciful or kind in judging others

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<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Secondary Second Choice</th>
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</thead>
</table>
| **Tuesday, November 1** | Ground Beef & Veggie Omelet  
Steamed Rice  
Fruit | Beef Bulgogi with Bell Peppers, Bean Sprouts & Onions  
Steamed Rice  
Carrots  
Fruit | Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit |
| **Wed., November 2** | Grilled Cheese Sandwich  
Fruit | Spaghetti Bolognese  
WGR Roll  
Garlic Spinach  
3 Bean Salad  
Fruit | Chicken Kelaguen  
Titiyas  
Vegetable Sticks and Dip  
Japanese Salad  
Fruit |
| **Thursday, November 3** | Grilled Ham with Fried Rice  
Fruit | Pancakes with Syrup  
Bacon  
Fruit | Breaded Fish with Sauce  
Red Rice  
Potato Wedges  
Local Vegetables |
| **Friday, November 4** | Type your breakfast choices here, or delete this section | Chicken Alfredo with Spinach  
Garden Salad  
Local Vegetables | Type your lunch choices here, or delete this section |
| **Monday, November 7** | Assorted Cereal  
Fruit | Fried Rice with Chicken Nuggets  
Fruit | Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit |
| **Tuesday, November 8** | Election Day  
Public Schools Closed | Beef Broccoli  
Steamed Rice  
Mixed Vegetables  
Fruit | Hawaiian Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit |
| **Wed., November 9** | Mac & Cheese  
Fruit | Cheese Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit | Lunch |
| **Thursday, November 10** | Sausage Patty with Garlic Rice  
Fruit | French Toast with Syrup  
Sausage  
Fruit |
| **Friday, November 11** | Veteran’s Day  
Public Schools Closed | Breakfast |

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What are you thankful for in your life?
### Breakfast
- Assorted Cereal
- Fruit

**Lunch**
- Chicken Curry with Carrots and Potatoes
- Broccoli
- Steamed Rice
- Fruit

**Secondary Second Choice**
- Salad Bar/Packed Salad
- WGR Roll or Crackers
- Fruit

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**Monday, November 14**
- Assorted Cereal
- Fruit

**Tuesday, November 15**
- Fried Rice with Portuguese Sausage
- Fruit

**Lunch**
- Cheeseburger
- Sandwich Sides
- Sweet Potato Fries
- Fruit

**Secondary Second Choice**
- Chicken Burger
- Sandwich Sides
- Sweet Potato Fries
- Fruit

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**Wednesday, November 16**
- Ham and Cheese Roll
- Sausage Links
- Garlicky Fried Rice
- Fruit

**Lunch**
- Breaded Chicken with Gravy
- Mashed Potato
- 3 Bean Salad
- WGR Roll
- Fruit

**Secondary Second Choice**
- Salad Bar/Packed Salad
- WGR Roll or Crackers
- Fruit

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**Thursday, November 17**
- Sausage & Egg Scramble
- Steamed Rice
- Fruit

**Lunch**
- Beef Lasagna
- Garlic Cauliflower & Broccoli
- Corn
- Fruit

**Secondary Second Choice**
- Salad Bar/Packed Salad
- WGR Roll or Crackers
- Fruit

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**Friday, November 18**
- Pancakes with Syrup
- Bacon
- Fruit

**Lunch**
- Chicken Piccata
- Garden Salad
- Local Vegetables
- Flavored Milk
- Fruit

**Secondary Second Choice**
- Salad Bar/Packed Salad
- WGR Roll or Crackers
- Fruit

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### Thanks Giving!

**Public Schools Closed**

**Breakfast**
- Pan de Sal with Egg & Cheese
- Fruit

**Lunch**
- Beef Steak with Green Peas & Onions
- Red Rice
- Local Vegetables
- Broccoli

**Secondary Second Choice**
- Salad Bar/Packed Salad
- WGR Roll or Crackers
- Fruit

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**Monday, November 21**
- Assorted Cereal
- Fruit

**Tuesday, November 22**
- Sausage Links
- Garlic Fried Rice
- Fruit

**Lunch**
- Turkey & Gravy
- WGR Roll
- Mashed Potato
- Steamed Carrots
- Fruit

**Secondary Second Choice**
- Subway Sandwich with Honey Onion Dressing on WGR Bun
- Vegetable Sticks & Dip
- Fruit

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**Wednesday, November 23**
- Pan de Sal with Egg & Cheese
- Fruit

**Lunch**
- Beef Steak with Green Peas & Onions
- Red Rice
- Local Vegetables
- Broccoli

**Secondary Second Choice**
- Salad Bar/Packed Salad
- WGR Roll or Crackers
- Fruit

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**Thursday, November 24, 2011**

**Breakfast**
- French Toast with Syrup
- Sausage
- Fruit

**Lunch**
- BBQ Chicken
- Red Rice
- Corn and Potato Salad
- Flavored Milk
- Fruit

**Secondary Second Choice**
- Salad Bar/Packed Salad
- WGR Roll or Crackers
- Fruit

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### Education Day

**Public Schools Closed**

**Breakfast**
- Fried Rice with Portuguese Sausage
- Fruit

**Lunch**
- Oven Fried Chicken
- Red Rice
- Corn
- Sauteed Spinach
- Fruit

**Secondary Second Choice**
- Salad Bar/Packed Salad
- WGR Roll or Crackers
- Fruit

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**Monday, November 28**
- Assorted Cereal
- Fruit

**Tuesday, November 29**
- Ground Beef & Veggie Omelet
- Steamed Rice
- Fruit

**Lunch**
- Marianas BBQ Cheeseburger
- Sandwich Sides
- Sweet Potato Fries
- Fruit

**Secondary Second Choice**
- Fire Alarm Pizza
- Vegetable Sticks & Dip
- Fruit

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**Wednesday, November 30**
- Grilled Cheese Sandwich
- Fruit

**Lunch**
- Beef Bulgogi with Bell Peppers, Bean Sprouts & Onions
- Steamed Rice
- Carrots
- Fruit

**Secondary Second Choice**
- Salad Bar/Packed Salad
- WGR Roll or Crackers
- Fruit

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### 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 ¾ 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

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**American Cougars grow up to 8 feet long and can weigh 200 pounds, but they aren't considered one of the "pig 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!**