November 2015

COVINGTON COUNTY SCHOOLS



School Holidays: November 11th: Veterans Day November 23-27th: Thanksgiving Break



Nutrition Tip: 30% of milk consumed by 6- to 12-yearolds is consumed with cereal.

Reference: NHANES 2009-10 (Day 1)

On a stick Yogurt Pineapple Tidbits Apple Juice Milk French Toast Ham Slice Mandarin Oranges Grape Juice Milk Waffle Stick Yogurt Apple Quarters Orange Juice Milk French Toast Ham Slice Mandarin Oranges Grape Juice Milk Waffle Stick Yogurt Apple Quarters Orange Juice Milk To Chicken Croissant Bananas Orange Juice Milk To Chicken Croissant Bananas Orange Juice Milk Waffle Stick Yogurt Apple Quarters Orange Juice Milk Waffle Stick Yogurt Apple Quarters Orange Juice Milk To Sausage Biscuit Strawberries Apple Juice Milk To Cereal Fruit Cocktail Grape Juice Milk To Sausage Biscuit Strawberries Apple Juice Milk To Cereal Fruit Cocktail Grape Juice Milk To Cinnamon Roll Cereal Fruit Cocktail Grape Juice Milk To Cinnamon Roll Cereal Fruit Cocktail Grape Juice Milk To Cinnamon Roll Cereal Fruit Cocktail Grape Juice Milk To Cinnamon Roll Cereal Fruit Cocktail Grape Juice Milk						
On a stick Yogurt Pineapple Tidbits Apple Juice Milk French Toast Ham Slice Mandarin Oranges Grape Juice Milk Waffle Stick Yogurt Apple Quarters Orange Halves Grape Juice Milk French Toast Ham Slice Mandarin Oranges Grape Juice Milk Waffle Stick Yogurt Apple Quarters Orange Juice Milk To Cereal Grapes Orange Juice Milk Waffle Stick Yogurt Apple Quarters Orange Juice Milk To Sausage Biscuit Strawberries Apple Juice Milk To Cereal Fruit Cocktail Grape Juice Milk To Sausage Biscuit Strawberries Apple Juice Milk To Cereal Fruit Cocktail Grape Juice Milk		Monday	Tuesday	Wednesday	Thursday	Friday
Ham Slice Mandarin Oranges Grapes Juice Milk Waffle Stick Yogurt Apple Quarters Orange Juice Milk Blueberry Muffin Cereal Fruit Cocktail Grape Juice Milk Sausage Biscuit Strawberries Apple Quarters Orange Juice Milk Egg Croissant Sliced Peaches Orange Juice Milk Cereal Fruit Cocktail Grape Juice Milk Fruit Cocktail Grape Juice Milk Blueberry Muffin Cereal Fruit Cocktail Grape Juice Milk Milk Blueberry Muffin Cereal Fruit Cocktail Grape Juice Milk Milk Milk Blueberry Muffin Cereal Fruit Cocktail Grape Juice Milk Milk Milk Biscuit Apple Quarters Orange/Pineapple Juice Milk Cinnamon Roll Cereal Fruit Cocktail Grape Juice Milk Milk		On a stick Yogurt Pineapple Tidbits Apple Juice	Cereal Orange Halves Grape Juice	Fruit Cocktail Orange Juice	Yogurt Apple Quarters Orange Juice	Cereal Orange Halves Apple Juice
Yogurt Apple Quarters Orange Juice Milk Cereal Fruit Cocktail Grape Juice Milk Strawberries Apple Juice Milk Sliced Peaches Orange Juice Milk Cereal Fruit Cocktail Grape Juice Milk Cereal Fruit Cocktail Grape Juice Milk Milk		Ham Slice Mandarin Oranges Grape Juice	Cereal Grapes Orange Juice	Holiday 11	Bananas Orange Juice	Biscuit Apple Quarters Orange/Pineapple Juice
Holiday 23 Holiday 24 Holiday 25 Holiday 26 Holiday 2		Yogurt Apple Quarters Orange Juice	Cereal Fruit Cocktail Grape Juice	Strawberries Apple Juice	Sliced Peaches Orange Juice	Cereal Fruit Cocktail Grape Juice
		Holiday 23	Holiday 24	Holiday 25	Holiday 26	Holiday 27
Sausage Biscuit Sliced Peaches Grape Juice Milk e U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants are employment on the basis of lace, color, national origin, age, disability, sex gender identity, religion, reprisal and where applicable, both calleges in an entry of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities)	e U.S. E	Sliced Peaches Grape Juice Milk Pepartment of Agriculture prohibits discrimination against			r, gender identity Feligion, reprisal and where applicable, in	o Ni cause lie is, manual status, familial or parental status, sexual

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