

# Happy Thanksgiving

Brunson Elementary School Lunch and Breakfast Menus

November 2017

<p>1% White Milk, Skim Milk and Flavored Fat-Free Milk offered daily.</p> <p>Condiments offered as needed.</p> <p>Menu's subject to change due to product availability.</p> <p>Chef Salads available daily.</p>	<p>National American Indian Heritage Month</p> 	<p>Daylight Savings Time Ends November 5, 2017</p> 	<p>Veteran's Day November 11, 2017</p> 	
<p><b>STRIKE OUT DIABETES TIPS</b></p>  <p>Don't skip breakfast. Start your day off with a good breakfast. Eating breakfast every day will help you have energy as well as steady blood sugar levels. Be physically active daily, try walking at least 30 minutes a day and use a pedometer to track your steps. Balance those carbohydrates in your diet by eating brown rice instead of white rice, steel-cut oats instead of processed cereals or instant oatmeal, or whole-grain bread instead of white bread.</p> <p><b>(PALOMAR HEALTH DIABETES AWARENESS MONTH TIPS)</b></p>		<p>1 <u>Chef Salad</u> <u>Chef Salad</u> OR Smoked Sausage Steamed Rice Steamed Tomatoes Steamed Broccoli Cornbread/Fruit Cup Breakfast Cereal w/ Honey Cracker OR Cinnamon Cheese Toast</p>	<p>2 <u>Chef Salad</u> Fish Strip OR Pimento Cheese Sandwich Sweet Peas Baked Fries Fruit Cup/Fresh Fruit <u>Breakfast</u> Assorted Juice Fresh Fruit/Pancakes/Ham Slice OR Cereal w/Graham Crackers</p>	<p>3 <u>Chef Salad</u> Grilled Cheese Sandwich OR Peanut Butter &amp; Jelly Sandwich Cut Green Beans Sliced Peaches Baked Chips <u>Breakfast</u> Sausage Patty Biscuit OR Assorted Cereal/Goldfish Assorted Juice/Assorted Fruit</p>
<p>6 <u>Chef Salad</u> BBQ Rib Shape Patty on Hoagie Bun OR Smoked Sausage Dog Mexican Corn Fruit Cocktail /Fresh Fruit Breakfast Yogurt/Graham Crackers OR Assorted Cereal/ Assorted Juice/Assorted Fruit</p>	<p>7 <u>Chef Salad</u> OR Whole Wheat Pepperoni Pizza Caesar Salad Peas &amp; Carrots Chilled Peaches/Fruit Juice Breakfast Assorted Juice/Fresh Fruit Scrambled Eggs/Buttered Toast OR Cereal &amp; Toast</p>	<p>8 <u>Chef Salad</u> Grilled Chicken OR Cheese burger on WW Bun Lite Mayo/Lettuce/Tomatoes Baked Fries/Fruity Jell-O Fresh Apple Breakfast Blueberry Muffin/Sausage Link OR Assorted Cereal/Graham Crackers/Assorted Juice/Assorted Fruit</p>	<p>9 <u>Chef Salad</u> Chicken Salad OR Grilled Cheese Sandwich California Vegetables/Cookie Apple Wedges Breakfast Assorted Juice/Chilled Fruit Cup/Cereal w/Muffin OR French Toast Sticks w/syrup Scrambled Eggs</p>	<p>10 <b>STAFF DEVELOPMENT</b></p> <p>Manager: Mrs. Jones Point of Sales: Mrs. Pinckney Staff: MS. Doctor Mrs. Nix</p>
<p>13 <u>Chef Salad</u> Deli Sub Sandwich OR Chicken Tenders/WW Roll Baked Fries Green Lima Beans Garden Salad Fruit cup <u>Breakfast</u> Assorted Juice/Tangerine Pancakes w/Lite Syrup Sausage Patty OR Cereal w/Graham Crackers</p>	<p>14 <u>Chef Salad</u> OR Spaghetti w/Dinner Roll Toss Salad String Beans Applesauce/Fruit Juice <u>Breakfast</u> Apple Juice/Fresh Fruit French Toast Sticks w/Lite Syrup/Baked Ham Slice OR Assorted Cereals &amp; Cheese Toast</p>	<p>15 Thanksgiving Lunch Menu <u>Chef Salad</u> Turkey w/Dressing &amp; Gravy OR Baked Ham Slice Steamed Rice Pilaf Turnip Greens Candied Yams Cranberry Sauce Wheat Raisin Bread Pudding Tropical Fruit Pumpkin Pie/Potato Pie Breakfast Pop Tarts/Cereal /Cookie</p>	<p>16 <u>Chef Salad</u> OR Hot Dog/w Chili Baked Beans Baked Sun Chips Fruit Cup/Apple Wedge <u>Breakfast</u> Assorted Juice Cereal w/Muffin OR Blueberry Muffin/Applesauce</p>	<p>17 <u>Chef Salad</u> OR Sub Sandwich on WW Shredded lettuce/Slice Tomatoes Baked Fries Blackeye Peas Cantaloupe Wedges Breakfast Assorted Juice/Fresh Fruit Breakfast Pizza OR Cereal w/Muffin</p>
<p>20 <u>Chef Salad</u> OR Taco w/Meat Sauce Shredded Cheese/Lettuce Salsa/Sweet Peas Kiwi Half/Fruit Cup Breakfast Assorted Juice/Fresh Seasonal Fruit Pancakes w/Lite Syrup Scrambled Eggs OR Cereal w/Graham Crackers</p>	<p>21 <u>Chef Salad</u> Chicken Nuggets OR Grilled Chicken Sandwich Shredded Lettuce Tomato Slices Curly Fries/Cookie/Fresh Fruit Breakfast Assorted Juice French Toast/Sausage Link OR Cereal / Toast</p>	<p>22 <b>THANKSGIVING HOLIDAY</b></p>		<p>24 <b>THANKSGIVING HOLIDAY</b></p>
<p>27 <u>Chef Salad</u> OR Chicken Fillet on Bun Shredded Lettuce Baked Fries Chilled Applesauce Breakfast Assorted Juice Cereal w/Muffin OR Pancake Wrap</p>	<p>28 <u>Chef Salad</u> Macaroni and Cheese Collard Greens/ Roll OR Hot Ham &amp; Cheese Sandwich Baked Potato Chip Fresh Fruit Breakfast Assorted Juice/Chilled Fruit Scrambled Eggs/Toast OR Cereal / Toast</p>	<p>29 <u>Chef Salad</u> Lasagna/ Dinner Roll Caesar Salad OR Fish Sticks Peas w/ Carrots Chilled Peaches/Side Kicks Breakfast Assorted Juice/Fresh Fruit French Toast Sticks OR Cereal / Toast</p>	<p>30 <u>Chef Salad</u> OR Corn Dog Baked Beans Side Kicks Baked Chips Breakfast: Assorted Juice Scrambled Eggs/Toast OR Cereal /Toast</p>	
<p><b>Thanksgiving Dinner Dates</b></p> <p>Wade Hampton-Nov 16<sup>th</sup> Brunson-Nov. 15<sup>th</sup> Hampton Elem.-Nov. 16<sup>th</sup> North District-Nov. 16<sup>th</sup> Varnville Elem.-Nov. 15<sup>th</sup> Fennell Elem.-Nov. 17<sup>th</sup> Ben Hazel-Nov. 14<sup>th</sup></p>	<p><b>Countdown to the Thanksgiving Holiday</b></p> <p><b>Use a food thermometer to check the internal temperature of the turkey</b></p> <p>A whole turkey is safe when cooked to a safe minimum internal temperature of 165 °F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. All turkey meat, including any that remain pink, is safe to eat as soon as all parts reach at least 165 F. The stuffing should reach 165 F, whether cooked inside the bird or in a separate dish. When turkey is removed from the oven, let it stand 20 minutes. Remove stuffing and carve turkey.</p> <p><b>Storing Leftovers</b></p> <p>Cut the turkey into small pieces: refrigerate stuffing and turkey separately in shallow containers within 2 hours of cooking. Use leftover turkey and stuffing within 3-4 days or freeze these foods. Reheat thoroughly to a temperature of 165 F or until hot and steaming.</p> <p><b>(USDA tips for Food Safety)</b></p>			

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