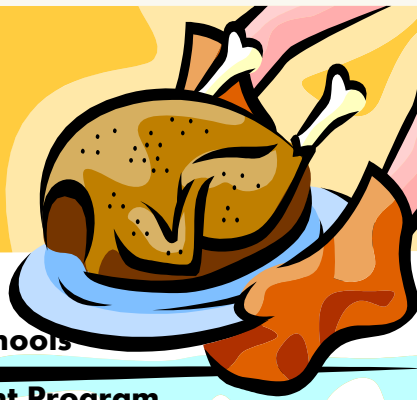
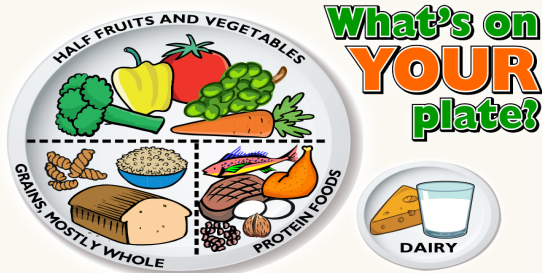


Menus for November 2023



Henry County Elementary Schools After School Snack Enrichment Program

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



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 N
P U M P K I N 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 D R G L K M E H F C N I
L I D I P I R E 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 30

WG Muffin
100% Fruit Juice

Tuesday, October 31

Smart Snack Chips
100% Fruit Juice

Wednesday, November 1

WG Cereal
Milk

Thursday, November 2

Goldfish Crackers
100% Fruit Juice

Friday, November 3

Mini Chocolate Chip
WG Cookies
Milk

Monday, November 6

WG Muffin
100% Fruit Juice

Tuesday, November 7

Professional Learning Day
No School

Wednesday, November 8

WG Cereal
Milk

Thursday, November 9

WG Elf Graham Crackers
100% Fruit Juice

Friday, November 10

Mini Chocolate Chip
WG Cookies
Milk

Monday, November 13

WG Muffin
100% Fruit Juice

Tuesday, November 14

Smart Snack Chips
100% Fruit Juice

Wednesday, November 15

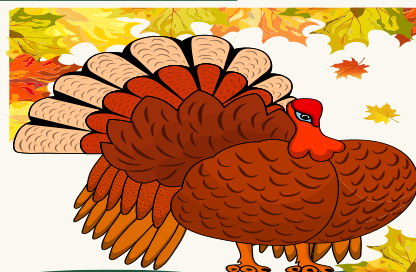
WG Cereal
Milk

Thursday, November 16

Goldfish Crackers
100% Fruit Juice

Friday, November 17

Mini Chocolate Chip
WG Cookies
Milk



Enjoy Thanksgiving Break
November 20-24

Monday, November 27

WG Muffin
100% Fruit Juice

Tuesday, November 28

Smart Snack Chips
100% Fruit Juice

Wednesday, November 29

WG Cereal
Milk

Thursday, November 30

WG Elf Graham Crackers
100% Fruit Juice

Friday, December 1

Mini Chocolate Chip
WG Cookies
Milk