Healthy Holidays!

Is it possible to eat healthy over the holiday season? Of course! Try these easy tips to make your holidays healthier, while still enjoying delicious flavors of your favorite family recipes!

- **Enjoy in moderation.** Indulging on your family’s favorites recipes won’t hurt you, but enjoy them in smaller portions.

- **Include seasonal, colorful fruits and vegetables.** Fruits and vegetables will add flavor, color, and nutrients to your holiday favorites. Best of all, they help you feel fuller to help prevent you from overeating.

- **Cut calories with substitutions.** Keep your holiday traditions, but make small changes and smart substitutions to cut down on the calories. Using olive oil instead of butter, low-fat or fat free milk instead of whole milk, and sugar substitutes are all great ways to reduce to amount of calories in meals.

- **Make new active traditions.** Most traditions involve food, but make new, active ones! Start an annual family football game, go ice skating, build a snowman, or take a walk. These will create life-long memories with your loved ones!

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### Cycle 4

#### Monday

**November 4**
- **Breakfast**
  - Cinnamon Pancakes
  - Applesauce Cup

- **Lunch**
  - Roasted Red Pepper Hummus Box

- **Sandwich Box**
  - Pita Bread
  - Turkey or Ham Chipotle Sandwich
  - Fresh Vegetable Mix
  - Coleslaw
  - Apple Sauce
  - Applesauce Cup

- **List Prices**
  - Sandwich: $4.35
  - Soup: $1.25
  - Dessert: $1.45

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#### Tuesday

**November 5**
- **Breakfast**
  - Cinnamon Glazed French Toast
  - Frozen Peach Cup

- **Lunch**
  - French Toast Sticks

- **Sandwich Box**
  - Turkey or Ham Chipotle Sandwich
  - Fresh Vegetable Mix
  - Coleslaw
  - Apple Sauce
  - Applesauce Cup

- **List Prices**
  - Sandwich: $4.35
  - Soup: $1.25
  - Dessert: $1.45

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#### Wednesday

**November 6**
- **Breakfast**
  - Avocado Biscuit
  - Fresh Lunch Bunch Grapes

- **Lunch**
  - Cheese Breadsticks
  - Pasta Sauce
  - X-Ray Vision Carrots
  - Fresh Salad Mix
  - Fresh Banana

- **Sandwich Box**
  - Turkey Deli Sandwich
  - Fresh Grapes
  - Coleslaw
  - Apple Sauce
  - Applesauce Cup

- **List Prices**
  - Sandwich: $4.35
  - Soup: $1.25
  - Dessert: $1.45

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#### Thursday

**November 7**
- **Breakfast**
  - Frosted Red Donut
  - Iced Blueberries

- **Lunch**
  - BBQ Chicken Drumsticks
  - Popped Up Potatoes
  - Western Beans
  - Breadstick
  - Iced Blueberries

- **Sandwich Box**
  - Country Boy Sandwich
  - Fresh Grapes
  - Coleslaw
  - Apple Sauce
  - Applesauce Cup

- **List Prices**
  - Sandwich: $4.35
  - Soup: $1.25
  - Dessert: $1.45

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#### Friday

**November 8**
- **Breakfast**
  - Fluffy Egg Wrap
  - Iced Strawberry Cup

- **Lunch**
  - Country Beef Cutlet
  - X-Ray Vision Carrots
  - Spudnilla Whipped Potatoes
  - Chocolate Chipper Cookies
  - Chocolate Chipper Cookies

- **Sandwich Box**
  - Country Boy Sandwich
  - Fresh Grapes
  - Coleslaw
  - Apple Sauce
  - Applesauce Cup

- **List Prices**
  - Sandwich: $4.35
  - Soup: $1.25
  - Dessert: $1.45

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### Cycle 5

#### Monday

**November 11**
- **Breakfast**
  - Cinnamon Glazed French Toast
  - Applesauce Cup

- **Lunch**
  - Roasted Red Pepper Hummus Box

- **Sandwich Box**
  - Turkey or Ham Chipotle Sandwich
  - Fresh Vegetable Mix
  - Coleslaw
  - Apple Sauce
  - Applesauce Cup

- **List Prices**
  - Sandwich: $4.35
  - Soup: $1.25
  - Dessert: $1.45

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#### Tuesday

**November 12**
- **Breakfast**
  - Sausage Biscuit
  - Fresh Peach Cup

- **Lunch**
  - Classic Sandwich
  - Iced Blueberries

- **Sandwich Box**
  - Country Boy Sandwich
  - Fresh Grapes
  - Coleslaw
  - Apple Sauce
  - Applesauce Cup

- **List Prices**
  - Sandwich: $4.35
  - Soup: $1.25
  - Dessert: $1.45

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#### Wednesday

**November 13**
- **Breakfast**
  - Piggly Wiggly Wrap
  - Fresh Orange Smiles

- **Lunch**
  - Macho Nachos
  - Refried Beans
  - Fresh Salad Mix
  - Fresh Banana

- **Sandwich Box**
  - Country Boy Sandwich
  - Fresh Grapes
  - Coleslaw
  - Apple Sauce
  - Applesauce Cup

- **List Prices**
  - Sandwich: $4.35
  - Soup: $1.25
  - Dessert: $1.45

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#### Thursday

**November 14**
- **Breakfast**
  - Oatmeal Chipper Breakfast Round
  - Fresh Banana

- **Lunch**
  - BBQ Rib Sandwich
  - Cool as a Cucumber Coins
  - Golden Corn
  - Iced Strawberry Cup

- **Sandwich Box**
  - Classic Sandwich
  - Fresh Grapes
  - Coleslaw
  - Apple Sauce
  - Applesauce Cup

- **List Prices**
  - Sandwich: $4.35
  - Soup: $1.25
  - Dessert: $1.45

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#### Friday

**November 15**
- **Breakfast**
  - French Toast Sticks
  - with Maple Syrup
  - Smoked Turkey Breast
  - X-Ray Vision Carrots
  - Emoji Fries
  - Iced Strawberry Cup

- **Lunch**
  - Hobo Sandwich
  - Fresh Grapes
  - Coleslaw
  - Apple Sauce
  - Applesauce Cup

- **Sandwich Box**
  - Classic Sandwich
  - Fresh Grapes
  - Coleslaw
  - Apple Sauce
  - Applesauce Cup

- **List Prices**
  - Sandwich: $4.35
  - Soup: $1.25
  - Dessert: $1.45

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### Nutrition Facts

<table>
<thead>
<tr>
<th>Week of Nov 4 - 8, 2019</th>
<th>Amount Per Serving (Week Avg.)</th>
<th>Serving Size 1 Lunch per Day</th>
<th>Serving Size 1 Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>8 gm 163%</td>
<td><strong>Total Carbohydrate</strong></td>
<td>264 gm 264%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>21 gm 126%</td>
<td><strong>Cholesterol</strong></td>
<td>25 mg 15%</td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>2680 IU 188%</td>
<td><strong>Calcium</strong></td>
<td>275 mg 11%</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>2 mg 11%</td>
<td><strong>Fat</strong></td>
<td>14 gm 22%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>1370 mg 109%</td>
<td><strong>Polyunsaturated Fat</strong></td>
<td>11 gm 17%</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>647</td>
<td><strong>Monounsaturated Fat</strong></td>
<td>6 gm 9%</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>22 cal 32%</td>
<td><strong>Total Fat</strong></td>
<td>19 gm 29%</td>
</tr>
</tbody>
</table>

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### National Pickle Day Cycle 2

**Week of Nov 11-15, 2019**

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### Lunch Prices

- **Full Paid Reduced**
  - Elem: $1.45 .40
  - Sec: $1.75 .40
  - Adult: $3.75 .40

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### More Information

Visit our website for nutrition information, free/reduced applications and more about our program at [http://district.ops.org](http://district.ops.org)! Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-0230.

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### This institution is an equal opportunity provider.

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### Complimentary Breakfast is available for ALL Enrolled Students in All Schools!