





Here are some common
Thanksgiving Traditions
worthy of our focus:

**Charity
Prayer
Thankfulness**

**November 2018
Crusader Café**

TURKEY
1. Protein Source
2. Cancer Prevention-Selenium

3. B Vitamins
4. Less Saturated Fat
5. Nutrient Rich

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			No School All Saints Day	Frito Chili Pie Red Pepper & Carrots Chunky Tomato Salsa Fruit Cup <i>Buffalo Chicken</i>
5	6	7	8	9
Italian Baked Chicken Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Taco Salad Bowl Baby Carrots Cilantro Rice Refried Beans Fruit Cup <i>Meatball Sub</i>	Oriental Sesame Chicken Salad Wheat Roll Pork Eggroll Fruit Cup <i>Turkey Bacon Melt</i>	Wing Fling Corn Bread Muffin Potato Cakes Corn on the Cob Fruit Cup <i>Philly Cheesesteak</i>	Stuffed Crust Pizza Tossed Salad Carrots Fruit Cup <i>Buffalo Chicken</i>
12	13	14	15	16
Nachos Supreme Black Beans Salsa Fruit Cup <i>BBQ Rib</i>	Sweet & Sour Chicken Rice Broccoli Eggroll Fruit Cup <i>Grilled Italian</i>	Shrimp Poppers Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Ranch</i>	Spaghetti & Meatballs California Vegetable Medley Breadstick Fruit Cup <i>Turkey Bacon Melt</i>	Chicken Quesadilla Fiesta Corn Salad Black Bean Dip/Chips Salsa Fruit Cup <i>Meatball Sub</i>
19	20	21	22	23
	T H A N K S G I V I N G B R E A K			
26	27	28	29	30
Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Chicken Parmesan Pasta & Sauce Roasted Vegetables Breadstick Fruit Cup <i>Buffalo Chicken</i>	Zesty Cuban Sandwich Coleslaw Baked Beans Potato Wedges Fruit Cup <i>Grilled Italian</i>	Chicken Pita Roasted Potatoes Hummus Veggie Sticks Fruit Cup <i>BBQ Rib</i>	Crunchy Fish Strips Mac & Cheese Broccoli Fruit Cup <i>Southwest Chicken</i>

Deli Sandwiches & Burgers are offered every day! Please select Fruit & Vegetables to make it a balanced meal!

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