

- 2023 -



**Golden Bee
Winners**

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Turkey

Illinois farmers produce close to 3 million turkeys a year.

A 15 pound turkey typically has about 70% white meat and 30% dark meat.

Turkey is low in fat and high in protein.

Turkey has more protein than chicken or beef.

White meat has fewer calories and less fat than dark meat.

Eating turkey does not cause you to feel sleepy after your Thanksgiving dinner.

Carbohydrates in your dinner are the likely cause of your sleepiness.

6

Banana Bread



Shrimp Poppers
Mac and cheese
Sweet Peas

7

Pop tarts/Yogurt

Tenderloin on a bun
Corn
Fruit

8

Cooks choice
Variety

9

Muffins



Cheese Pizza
Corn
Fruit

10

Breakfast Pizza



Salad Bar
K-5 sack lunch option

13

Combo



Spagetti&
Meatballs
Garlic Knots
Cookie

14

Apple Bites



Chicken
Nuggets
Smile Fries
Corn

15

Pancake/Sausage



Hot Dog
Mac and Cheese
Fruit

16

Biscuit/Jelly

Chili Soup
Uncrustable
Fruit

17

Donut Holes

Baked Potato
Bar

20

French toast
Sticks



Biscuit and Gravy
Tri Tater
Fruit

21

Long John

Baked Ham
Loaded Mashed
Potatoes
Fancy Green Beans
Dinner roll, Pie

22

**Thanksgiving
Break**

23

**Thanksgiving
Break**

24

**Thanksgiving
Break**

27

Omelet

BBQ Rib on a bun
Scalloped
Potato's
Fruit

28

Waffles

Pulled Pork
Nachos
Queso
Fruit]

29

Mini Cinnis

Chicken and
Noodles
Mashed Potato's/
Gravy
Fruit

30

Tornados

Soup Bar
Dinner roll
Fruit