







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Did You Know?</b> Way back in the day (think over 400 years ago), almost all carrots were <b>purple</b> in color.</p>	<p>Then, a mutation happened that created a new kind of carrot that was <b>yellow</b>.</p>	<p>Scientists still aren't sure <b>why orange</b> carrots became the most popular variety today, but...</p>	<p>they <i>do</i> know that the <b>orange</b> ones were developed from the <b>yellow</b> mutants.</p>	<p>These days, you can find all the different colors of carrots at farmers' markets and some grocery stores.</p>	<p>The different colors of fruits and veggies represent different nutrients. For example...</p>	<p>The <b>orange</b> color of carrots (and other orange fruits and veggies) comes from a nutrient called <b>beta-carotene</b>.</p>
 <p>Sweet Potatoes</p>	 <p>Spaghetti Marinara (V) Garden Salad Fruit</p>	<p>Chicken Tenders (M) or Grilled Cheese Sandwich (V) Sweet Potato Fries Fruit</p>	<p>EARLY DISMISSAL  ** PB&amp;J Sandwich (V) Veggie Sticks Fruit</p>	<p>Pineapple Fried Rice (V) Sugar Snap Peas Fruit</p>	<p>Cheese Pizza (V) Caesar Side Salad Fruit</p>	<p><b>Beta-carotene keeps your eyes healthy. Interestingly, dark green veggies also contain this nutrient.</b></p>
 <p>Kale</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL  <b>VETERANS' DAY</b></p>	<p>EARLY DISMISSAL  NO LUNCH SERVED</p>	<p>EARLY DISMISSAL  NO LUNCH SERVED</p>	<p>EARLY DISMISSAL  NO LUNCH SERVED</p>	<p>The reason you can't see it is because the <b>orange</b> color is hidden behind the <b>green</b> color of <b>chlorophyll</b>.</p>
 <p>Carrots</p>	<p>EARLY DISMISSAL  NO LUNCH SERVED</p>	<p>EARLY DISMISSAL  NO LUNCH SERVED</p>	<p>EARLY DISMISSAL  NO LUNCH SERVED</p>	<p>Crispy Turkey Tacos (M) or Bean &amp; Cheese Burrito (V) w/ lettuce, tomatoes &amp; cheese Fruit</p>	<p>Cheese Pizza (V) Caesar Side Salad Fruit</p>	<p>(If you remember from science class, <b>chlorophyll</b> helps plants convert sunlight into energy.)</p>
 <p>Brussels Sprouts</p>	 <p>Baked Penne Pasta (V) Mixed Greens Salad Fruit</p>	<p>Roasted Chicken (M) or Mac N' Cheese (V) Mashed Potatoes Fruit</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL  <b>THANKSGIVING DAY</b></p>	<p>NO SCHOOL</p>	<p>**Made with Wow Butter (Soy-based &amp; Peanut-free)  (M) Contains meat (V) Meatless</p>

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Menu subject to change without prior notice