





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>→</p>	<p>Then, a mutation happened that created a new kind of carrot that was <b>yellow</b>.</p> <p>→</p>	<p>Scientists still aren't sure <b>why orange</b> carrots became the most popular variety today, but...</p> <p>→</p>	<p>they <i>do</i> know that the <b>orange</b> ones were developed from the <b>yellow</b> mutants.</p> <p>→</p>	<p>These days, you can find all the different colors of carrots at farmers' markets and some grocery stores.</p> <p>→</p>	<p>The different colors of fruits and veggies represent different nutrients. For example...</p> <p>→</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>↓</p>
 <p>Sweet Potatoes</p>	<p>2</p> <p><b>MEATLESS MONDAY</b></p> <p>3</p> <p>Cheese Pizza (V) Caesar Side Salad Fruit</p>	<p>4</p> <p>Spaghetti Marinara (V) Garden Salad Fruit</p>	<p>5</p> <p>Chicken Tenders (M) or Grilled Cheese Sandwich (V) Sweet Potato Fries Fruit</p>	<p>6</p> <p>Pineapple Fried Rice (V) Sugar Snap Peas Fruit</p>	<p>7</p> <p>EARLY DISMISSAL</p> <p>** PB&amp;J Sandwich (V) Veggie Sticks Fruit</p>	<p>8</p> <p><b>Beta-carotene keeps your eyes healthy. Interestingly, dark green veggies also contain this nutrient.</b></p> <p>↓</p>
 <p>Kale</p>	<p>9</p> <p>10</p> <p>NO SCHOOL</p>	<p>11</p> <p>NO SCHOOL</p> <p><b>VETERANS' DAY</b></p>	<p>12</p> <p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>13</p> <p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>14</p> <p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>15</p> <p>The reason you can't see it is because the orange color is hidden behind the green color of <b>chlorophyll</b>.</p> <p>↓</p>
 <p>Carrots</p>	<p>16</p> <p>17</p> <p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>18</p> <p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>19</p> <p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>20</p> <p>Crispy Turkey Tacos (M) or Bean &amp; Cheese Burrito (V) w/ lettuce, tomatoes &amp; cheese Fruit</p>	<p>21</p> <p>EARLY DISMISSAL</p> <p>Grilled Cheese Sandwich (V) Veggie Sticks Fruit</p>	<p>22</p> <p>(If you remember from science class, <b>chlorophyll</b> helps plants convert sunlight into energy.)</p> <p>↓</p>
 <p>Brussels Sprouts</p>	<p>23/30</p> <p>24</p> <p><b>MEATLESS MONDAY</b></p> <p>Cheese Pizza (V) Caesar Side Salad Fruit</p>	<p>25</p> <p>Roasted Chicken (M) or Mac N' Cheese (V) Mashed Potatoes Fruit</p>	<p>26</p> <p>NO SCHOOL</p>	<p>27</p> <p>NO SCHOOL</p> <p><b>THANKSGIVING DAY</b></p>	<p>28</p> <p>NO SCHOOL</p>	<p>29</p> <p><b>**Made with Wow Butter (Soy-based &amp; Peanut-free)</b></p> <p>(M) Contains meat (V) Meatless</p>