

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Did You Know? Way back in the day (think over 400 years ago), almost all carrots were purple in color.</p> <p>→</p>	<p>Then, a mutation happened that created a new kind of carrot that was yellow.</p> <p>→</p>	<p>Scientists still aren't sure why orange carrots became the most popular variety today, but...</p> <p>→</p>	<p>they <i>do</i> know that the orange ones were developed from the yellow 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 orange color of carrots (and other orange fruits and veggies) comes from a nutrient called beta-carotene.</p> <p>↓</p>
 <p>Sweet Potatoes</p>	<p>MEATLESS MONDAY</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</p> <p>** PB&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>Beta-carotene keeps your eyes healthy. Interestingly, dark green veggies also contain this nutrient.</p> <p>↓</p>
 <p>Kale</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p> <p>VETERANS' DAY</p>	<p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>The reason you can't see it is because the orange color is hidden behind the green color of chlorophyll.</p> <p>↓</p>
 <p>Carrots</p>	<p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>EARLY DISMISSAL</p> <p>NO LUNCH SERVED</p>	<p>Crispy Turkey Tacos (M) or Bean & Cheese Burrito (V) w/ lettuce, tomatoes & cheese Fruit</p>	<p>Cheese Pizza (V) Caesar Side Salad Fruit</p>	<p>(If you remember from science class, chlorophyll helps plants convert sunlight into energy.)</p> <p>↓</p>
 <p>Brussels Sprouts</p>	<p>MEATLESS MONDAY</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</p> <p>THANKSGIVING DAY</p>	<p>NO SCHOOL</p>	<p>**Made with Wow Butter (Soy-based & Peanut-free)</p> <p>(M) Contains meat (V) Meatless</p>

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