

Nutrition Byte

Did you know the sweet potato is our State Veggie? The sweet potato became the N.C. State Vegetable in 1995 after students at Elvie Street School in Wilson wrote letters to the N.C. General Assembly. Did you know sweet potatoes and potatoes are different? Both are vegetables, but sweet potatoes are roots and potatoes are underground stems called tubers. Sweet potatoes can be orange, white, beige, yellow, pink, purple, violet, or red in color. Did you know that sweet potatoes are not grown from seeds? They are grown from the sprouts of a bedded root call a "slip". They grow underground throughout the summer and are harvested in the fall.

Did you know all the sweet potato is edible, even the skin? Sweet potatoes can be eaten fresh or cooked. Often, they are served baked, mashed, or fried, but they can be steamed, boiled, microwaved, pureed, stir fried, sauteed or juiced. Wash raw sweet potatoes before preparing, cutting, or eating. A medium sweet potato has about 100 calories. Sweet potatoes are nutrient-rich. They contain beta-carotene, vitamins A and C, manganese, and fiber. They are cholesterol free and low in fat and sodium. Enjoy a sweet potato today! **Nutrilink:** Learn more at <https://bit.ly/3c30kws>.



November 3, 4— Parent Teacher Conference
November 11— Veterans Day
November 17— Cafeteria Turkey Dinner
November 24— Thanksgiving Day

Chef Salads served daily

Choice of milk offered daily. Choc. Skim, 1%,

Menu subject to change according to availability

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CONTACT US AT Bragg.sfs@dodea.edu

Menu for NOV. 2022

Fort Bragg Schools



TUESDAY NOV. 1

Belgian Waffle
 Turkey Sausage Link
 OR
 Corn Pops
 Toast w/ Margarine
 Grape Juice
 Applesauce Cups

LUNCH

Taco Soup w/ Chips
 & Cheese
 OR
 Corndog
 Oven Fries
 Savory Green Beans
 Fresh Apple
 Dried Cranberries

WEDNESDAY NOV. 2

Toasted Turkey & Cheese
 OR
 Frosted Flakes
 Toast w/ Margarine
 Orange Juice
 Fresh Grapes

LUNCH

Cheeseburger
 OR
 Macaroni & Cheese w/
 Turkey Ham / Roll
 Seasoned Fries
 Romaine w/ Pickles &
 Tomato
 Fruited Jell-O w/Mixed
 Fruit
 Choice of Fruit

THURSDAY NOV.3

**(Albritton & Shughart
 Middle Only)**

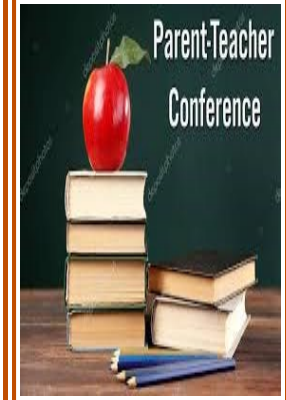
Sausage Gravy Biscuit
 Hashbrown
 OR
 Fruit Loops
 Graham Crackers
 Grape Juice
 Orange Wedges

LUNCH

Chili Cheese Hotdog
 OR
 Chicken Fritters
 Steamed Broccoli
 Baked Beans
 Applesauce Cup
 Choice of Fruit

FRIDAY NOV.4

NO SCHOOL



MONDAY NOV.7

Fruit Danish
 OR
 Cocoa Puffs
 Graham Crackers
 Orange Juice
 Fresh Apple

LUNCH

Pepperoni Pizza
 OR
 Sloppy Joe
 Steamed Broccoli
 Seasoned Corn
 Pineapple Bits
 Orange Wedges

TUESDAY NOV.8

Scrambled Eggs w/
 Cheese & Toast
 Sausage Pattie
 OR
 Lucky Charms
 Toast w/ Margarine
 Apple Juice
 Orange Wedges
 OR

LUNCH

Tacos / 2 each
 OR
 Vegetable Beef Soup
 w/ Crackers / Roll
 Refried Beans
 Romaine & Diced Tomato
 Applesauce Cup
 Dried Cranberries

WEDNESDAY NOV.9

Belgian Waffle
 Turkey Sausage Link
 OR
 Frosted Flakes
 Graham Crackers
 Orange Juice
 Banana

LUNCH

Cheddar Sausage Dog
 OR
 Chili Con Carne
 Crackers / Roll
 Oven Fries
 Steamed Carrots
 Diced Pears
 Fruited Jell-O w/ Peaches

THURSDAY NOV.10

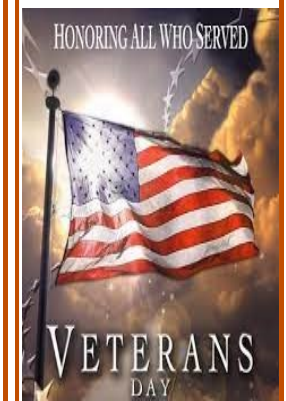
Super Donut
 OR
 Corn Pops
 Toast w/ Margarine
 Grape Juice
 Fresh Apple

LUNCH

Cheeseburger
 OR
 Turkey Noodle Soup w/
 Crackers
 Waffle Fries
 Savory Green Beans
 Applesauce Cup
 Choice of Fruit

FRIDAY NOV.11

NO SCHOOL





Thanksgiving
Word Search 1



N	O	V	E	M	B	E	R	K	F	H
X	N	P	I	L	G	R	I	M	S	V
H	F	N	G	C	T	H	A	N	K	S
N	E	Y	R	E	P	R	Y	K	P	S
M	A	Y	F	L	O	W	E	R	L	H
I	S	Q	T	E	X	F	T	C	Y	A
G	T	I	T	B	B	J	U	O	M	R
Y	X	S	G	R	Y	K	R	L	O	E
I	N	D	I	A	N	S	K	O	U	T
N	G	F	R	T	Z	Z	E	N	T	P
H	A	R	V	E	S	T	Y	Y	H	I

NOVEMBER	THANKS	INDIANS
PILGRIMS	TURKEY	CELEBRATE
SHARE	HARVEST	PLYMOUTH
COLONY	MAYFLOWER	FEAST



MONDAY NOV.14

Strawberry Pop Tart
OR
Fruit Loops
Graham Crackers
Orange Juice
Fresh Apples

LUNCH
Cheese Pizza
OR
Chicken Fritters
Steamed Carrots
Savory Green Beans
Pineapple Bits
Orange Wedges

TUESDAY NOV.15

Egg, Bacon & Cheese
Croissant
OR
Trix
Toast w/ Margarine
Grape Juice
Sliced Peaches

LUNCH
Tacos / 2 each
OR
Chicken Cordon Bleu
Bites
Refried Beans
Romaine & Diced Tomato
Sliced Peaches
Applesauce Cup

WEDNESDAY NOV. 16

Sausage & Gravy Biscuit
Hashbrown
OR
Corn Pops
Toast w/ Margarine
Orange Juice
Fresh Apple

LUNCH
Beef Steak w Gravy
Roll
OR
Cheddar Sausage Dog
Oven Fries
Seasoned Corn
Fresh Apple
Banana

THURSDAY NOV. 17

Super Donut
OR
Apple Jacks
Graham Crackers
Apple Juice
Fresh Grapes
LUNCH
Roast Turkey w/ Dressing
Baked Ham / Roll
OR
Corn dog
Broccoli Casserole
Mashed Potatoes
Candied Yams
Fruited Jell-O w/ Peaches
Cranberry Sauce
Grapes
Sweet Potato Pie

FRIDAY NOV. 18

Turkey Sausage
Breakfast Pizza
OR
Lucky Charms
Graham Crackers
Orange Juice
Sliced Peaches

LUNCH
Chili Cheese Hotdog
OR
Fishwich
Curly Fries
Baked Beans
Applesauce Cup
Mixed Fruit Cup

MONDAY NOV.21



TUESDAY NOV. 22



WEDNESDAY NOV. 23

THURSDAY NOV. 24

FRIDAY NOV. 25



MONDAY NOV. 28

Fruit Danish
OR
Cocoa Puffs
Graham Crackers
Orange Juice
Fresh Apple

LUNCH
Pepperoni Pizza
OR
Sloppy Joe
Steamed Carrots
Seasoned Corn
Sliced Peaches
Applesauce Cup

TUESDAY NOV. 29

Pancake & Sausage Stick
OR
Frosted Flakes
Toast w/ Margarine
Grape Juice
Sliced Peaches

LUNCH
Tacos / 2 each
OR
Corn dog
Refried Beans
Romaine & Diced Tomato
Orange Wedges
Dried Cranberries

WEDNESDAY NOV. 30

Egg, Bacon & Cheese
Slider
OR
Trix
Toast w/ Margarine
Orange Juice
Sliced Peaches
LUNCH
Spaghetti & Meat sauce
w/ Garlic Bread
OR
Classic Chicken
Sandwich
Tossed Salad
Steamed Broccoli
Banana
Mixed Fruit



**NOVEMBER 17, THANKSGIVING DINNER
COME AND JOIN US**

Chef Salads served daily
Choice of milk offered daily. Choc. Skim, 1%,
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