

NOVEMBER

Super Snack Menu



2018

Healthy Diets & Active Lifestyles



SuperTracker:

My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead. www.supertracker.usda.gov

Mon	Tues	Wed	Thurs	Fri
			1 Cottage Cheese Tortilla Chips Salsa Cup Orange Milk	2 Deli Turkey Bun Fruit Cucumber Milk
5 Yogurt/Cheese Stick Pretzels Zucchini Apple Milk	6 Deli Ham Wheat Bread Carrots Grapes Milk	7 Peanut Butter Crackers Celery Sticks Melon Milk	8 Bagel Peanut Butter Cheese Stick Grape Tomatoes Banana Milk	9 Deli Turkey & Cheese Wheat Thins Small Lettuce Salad Strawberries Milk
12 Un crustable Cheese Stick Apple Slices Carrots Milk	13 Two Cheese Sticks Blueberry Muffin Raisins Grape Tomatoes Milk	14 Yogurt/Granola Peanut Butter Crackers Broccoli Banana Milk	15 Cottage Cheese Tortilla Chips Salsa Cup Orange Milk	16 Deli Turkey Bun Fruit Cucumbers Milk
19 Yogurt/Cheese Stick Pretzels Zucchini Apple Milk	20 Deli Ham Wheat Bread Carrots Grapes Milk	21 	THANKSGIVING BREAK NOVEMBER 21-23	
26 Un crustable Cheese Stick Apple Slices Carrots Milk	27 Two Cheese Sticks Blueberry Muffin Raisins Grape Tomatoes Milk	28 Yogurt/Granola Peanut Butter Crackers Broccoli Banana Milk	29 Cottage Cheese Tortilla Chips Salsa Cup Orange Milk	30 Deli Turkey Bun Fruit Cucumber Milk