Available Daily

Your Complete Lunch will Include:

1. Start with at least One Fruit or Vegetable
   - Assorted Fresh & Canned Fruit
   - Fresh Rainbow Vegetable Tray
   - Hot Vegetable of the Day

2. Choose One Daily Menu Entrée Items:
   In addition offered daily:
   - Chef Salad
   - Sunbutter & Jelly
   - Peanut Butter & Jelly
   - Bagel Box

3. Choose One 8 oz. Milk
   - Low-Fat White
   - Flavored Milk

**Featured Specials of the Day**

**WEEK 1**

**Wednesday, November 1**
- Hamburger or Cheeseburger or Boars Head Ham & Cheese
- Oven Fries

**Thursday, November 2**
- Mandarin Orange Chicken or Boars Head Turkey & Cheese
- Seasoned Brown Rice
- Steamed Oriental Veggie Blend

**Friday, November 3**
- Personal Pizza or Boars Head Ham & Cheese
- Mixed Greens Salad w/ Tomatoes

**WEEK 2**

**Monday, November 6**
- Chicken Nuggets with a Roll or Boars Head Turkey & Cheese
- Sweet Potato Fries

**Tuesday, November 7**
- NO SCHOOL

**Wednesday, November 8**
- Pizza Crunchers w/Marinara Sauce or Boars Head Turkey & Cheese
- Fresh Steamed Broccoli

**Thursday, November 9**
- Thanksgiving Feast Day
  - Oven Roasted Turkey & Gravy
  - Mashed Potatoes/ Stuffing
  - Sweet Corn/ Cranberry Sauce

**Friday, November 10**
- Stuffed Crust Pizza or Boars Head Turkey & Cheese
- Garden Salad

This institution is an equal opportunity provider.
Menus are subject to change.

Torrington Public Schools
Torringford and Vogel Wetmore

PLEASE JOIN US FOR OUR
THANKSGIVING FEAST!
Gobble Away!

THURSDAY, NOVEMBER 9

SUNDAY, NOV. 5
DON'T FORGET TO SET YOUR CLOCKS BACK
1 HOUR

AVAILABLE DAILY

Breakfast is Offered Daily
- Assorted Cereals
- Assorted Muffins
- Cinnamon Buns
- Bagels
- Hot Sandwiches
- Fruit, Juice, & Milk Included

**Some items not offered daily**
Featured Specials of the Day

Week 3

Monday, November 13
French Toast Stix or
Boars Head Ham & Cheese
Turkey Sausage Patty
Hash Brown Potatoes.

Tuesday, November 14
Chicken Street Tacos or
Boars Head Turkey & Cheese
Seasoned Brown Rice

Wednesday, November 15
Hot Dog on a Whole Wheat Bun or
Boars Head Ham & Cheese
Baked Beans
Steamed Carrots/ Oven Fries

Thursday, November 16
Meatball Grinder w/Melted Cheese or
Boars Head Turkey & Cheese
Fresh Steamed Broccoli.

Friday, November 17
Cheese Pizza or
Boars Head Ham & Cheese
Mixed Green Salad w/Tomatoes

Week 4

Monday, November 20
Cheese Quesadilla or Chicken or
Boars Head Turkey & Cheese
Seasoned Brown Rice

Tuesday, November 21
Hamburger or Cheeseburger on a Bun or
Boars Head Ham & Cheese
Oven Fries
Corn

Thanksgiving
Enjoy Your Holiday

Week 5

Monday, November 27
Meatball Grinder w/Melted Cheese or
Boars Head Turkey & Cheese
Fresh Steamed Broccoli

Tuesday, November 28
Waffles with Syrup or
Boars Head Ham & Cheese
Turkey Sausage Patty/ Potato Smiles

Wednesday, November 29
Chicken Nuggets w/ Dinner Roll or
Boars Head Turkey & Cheese
Mashed Potatoes
Green Beans

Thursday, November 30
Mozzarella Sticks w/ Marinara Sauce or
Boars Head Ham & Cheese
Fresh Steamed Broccoli

Word of the Month
ex·cep·tion·al
adj. 1. surpassing what is common or expected 2. unusual; outside the norm 3. well above average; extraordinary

Wanna Stay Fit? Gotta Eat Right!

Item: stuffing
Verdict: easy there, pilgrim
Tip: A cup of Thanksgiving stuffing contains 18g of fat, 4 of which are saturated. That’s a third of the recommended daily max for both, and it’s very easy to eat two cups or three cups — and more over the next few days. If you’re not careful, you’ll need to charter the Mayflower to haul all that fat away!

Vegetable of the Month
Turnips
Turnips are a root vegetable that many of us associate with Thanksgiving. Turnips have a third as many calories as potatoes, and they also provide a generous dose of calcium, iron, vitamin C, and fiber. Turnip greens are tasty, too!

FIT Meter
Based on a cup of typical homemade turkey stuffing

400 4 1.5
Daily Value
Calories
Sodium
Carbs
Fat
Protein
Used daily, eat 400 calories a day, add 400 calories for four days of stuffing, that’s at least 150g of fat, a lot.

Avoid: 400 4 1.5

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