

NOVEMBER



THIS MONTH'S THEME: Autumn's Harvest

Fall harvest is a time of abundance and wonder! Did you know that many of the colorful fruits and vegetables we enjoy in the autumn months are packed with vitamins and flavors? Take turnips and parsnips, for example; they are fall vegetables that thrive in the cooler weather, making them perfect for cozy, hearty meals. Turnips can be transformed into creamy mashes or added to soups, while parsnips, with their sweet, earthy taste, can be roasted to perfection - you might even have these dishes during Thanksgiving!

What are some of your favorite fall-themed dishes?



This week's specialty options

Honeydew Chunks, 2oz
Turnip Wedges, 2oz

Grapefruit Wedges, 4oz
Parsnip Coins, 2oz

Thanksgiving Break

Pears, 2oz
Celery Sticks, 2oz

	MON	TUE	WED	THU	FRI
	6	7	8	9	10
	13	14	15	16	17
	20	21	22	23	24
	27	28	29	30	1
	4	5	6	7	8

