

NOVEMBER

THIS MONTH'S THEME:

Acts of Kindness

November is the month of Thanksgiving, which means spending time with your friends and family, and being thankful for what we have.

November is a great time to show those around you how much you care about them!

A few ways you can practice kindness:

- Writing someone a thank you note
- Giving someone a compliment
- Holding the door for someone

#LearnWithDNO

This week's specialty options

	MON	TUE	WED	THU	FRI
Mango Slices 2 oz Sliced Orange Peppers 2 oz	31	 1	2	 3	4
Honeydew Chunks 2 oz Jicama Sticks 2.5 oz	 7	8	<i>Veterans Day</i>  9	10	 11
Orange Wedges 4oz Butternut Squash Chunks 2 oz	14	 15	16	 17	18
Happy Thanksgiving Week!	21	22	23	<i>HAPPY Thanksgiving</i>  24	25
Sliced Pears 2 oz Carrot & Radish Coins 2 oz	 28	29	 30	1	2