

November

Supper

Monday	Tuesday	Wednesday	Thursday
2 Hot Pocket Cherry Tomatoes Fruit Juice	3 Hot Dog Baked Chips Cucumber Coins Fruit Cup	4 Turkey & Cheese Anytimers Carrot Dippers Fresh Fruit	5 Quesadilla Homemade Salsa Fruit Cup
9 Cheesy Bread Sticks Maranara Sauce Fresh Fruit	10 Corn Dog Baked Chips Cherry Tomatoes Fruit Cup	11 Ham & Cheese Anytimers Vegetable Dippers Fresh Fruit	12 Taco Snack Homemade Salsa Fruit Cup
16 Hot Pocket Cherry Tomatoes Fruit Juice	17 Hot Dog Baked Chips Cucumber Coins Fruit Cup	18 Turkey & Cheese Anytimers Carrot Dippers Fresh Fruit	19 Quesadilla Homemade Salsa Fruit Cup

November Challenge!

November is a time to reflect on all that we have to be thankful for. Did you know that studies show practicing gratitude can increase your happiness levels by about 25 percent? So how can you bring more gratitude into your life? See below for some different ideas!

1. *Morning of Gratitude*- The best way to start your day off right is to spend a few minutes thinking of all the things you are grateful for. You can write it down to keep track or just think about it throughout the day.
2. *Gratitude Letter*- Sit down and write a letter to someone who has exerted a positive influence in your life, but whom you have not properly thanked.

Every lunch includes a choice of milk.

Enjoy Your Thanksgiving!

