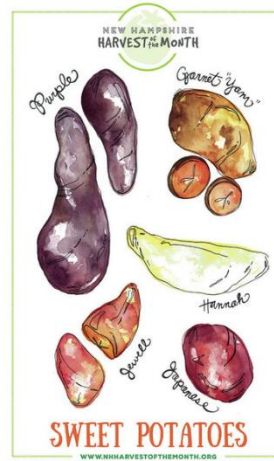


Mast Way & Moharimet November

2017



Native to Central America, the **sweet potato** is not related to potatoes but instead is in the same family as morning glory. Sweet potatoes are very popular in the southern United States, and have been grown in that region since the 16th century. Although often mistaken for the yam, sweet potatoes are more flavorful and less starchy than yams.

<http://www.nhharvestofthemoth.org/roasted-black-bean--sweet-potato-salad.html>

Daily alternate entrees: Chef Salad, Turkey or Ham & Cheese, Yogurt Plate. Garden bar, all fruits, vegs and milk are included with all meals	Highlighted items are Harvest of the Month recipes	1 TERIYAKI CHICKEN & RICE STIR-FRIED VEGGIES GARDEN BAR CHOICES VEGGIE EGG ROLL SWEET PINEAPPLE CHUNKS	2 CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN SWEET POTATO FRIES GARDEN BAR CHOICES FRESH GRAPES	3 WHOLE GRAIN PIZZA VARIETY CRUNCHY VEGGIE STICKS With HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT CHOICE
6 CRUNCHY REDFISH FISH TACO PESTO SPAGHETTI SQUASH SALAD GARDEN BAR CHOICES MIXED FRUIT	7 PINEAPPLE CHICKEN STIR FRIED RICE GARDEN BAR CHOICES FORTUNE COOKIE MANDARIN ORANGES	8 WHOLE GRAIN PIZZA STICKS w/MARINARA ROASTED BLACK BEAN & SWEET POTATO SALAD GARDEN BAR CHOICES FRUIT SALAD	9 Teacher Workshop Day No School	10 Veteran's Day No school
13 HOMEMADE MACARONI & CHEESE CHEESE FILLED BREADSTICK GARDEN BAR CHOICES RED, WHITE & BLUE FRUIT CUP	14 BLUEBERRY CHICKEN BROWN RICE GARDEN BAR CHOICES CHILLED PEARS	15 SLOPPY JOE SLIDERS CREAMY COLE SLAW GARDEN BAR CHOICES PINEAPPLE CHUNKS	16 THANKSGIVING FEAST ROAST TURKEY, MASHED POTATO & GRAVY, STEAMY PEAS, ROLLS CRANBERRY SAUCE GARDEN BAR CHOICES SWEET ORANGE SMILES	17 WHOLE GRAIN PIZZA VARIETY SWEET POTATO TATER TOTS GARDEN BAR CHOICES FRESH LOCAL APPLE
20 <u>BRUNCH FOR LUNCH</u> FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED SWEET POTATOES GARDEN BAR CHOICES STRAWBERRIES	21 CHICKEN PHILLY MASHED POTATO BOWL SPINACH & STRAWBERRY SALAD GARDEN BAR CHOICES SWEET ORANGE SMILES	22 Thanksgiving Recess No School	23 Thanksgiving Recess No School	24 Thanksgiving Recess No School
27 SPAGHETTI & MEATBALLS GARLIC BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES	28 HOT DOG on a WHOLE WHEAT BUN, BAKED BEANS BROCCOLI & RAISIN SALAD GARDEN BAR CHOICES FRESH WATERMELON CHUNKS	29 TUNA MELT SANDWICH HOMEMADE CHICKEN NOODLE SOUP, GARDEN BAR CHOICES FRESH LOCAL APPLE	30 ROASTED ROSEMARY CHICKEN WHEAT ROLL MASHED SWEET POTATOES STEAMY PEAS GARDEN BAR CHOICES FRUIT COCKTAIL	Lunch Prices: \$2.65 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider