



NOVEMBER 2023

Dear Parents and Caregivers,
Did you know our breakfast menu provides 2 servings of fruit, and our lunch menu provides a serving of fruit and a serving of vegetable at every meal? Your child is on their way to meeting the minimum goal of at least 5 servings of fruits and vegetables a day! Add a vegetable at dinner and they will meet the goal!
Try everyday to eat a CORNUCOPIA full of fruits and vegetables!
Have a Happy Thanksgiving,
-NDS STAFF



Wellness Corner

Thanksgiving is a time of delicious food and wonderful treats. Check out the tips below for a healthy Thanksgiving celebration:

- **Fill your plate with different colors: from turkey to cranberry sauce to sweet potatoes, and more! How many colors can you collect?**
- **Opt for low fat gravy options**
- **Be active! Try to add a walk, a run or sports game, before sitting down to eat**
- **Eat a full meal before moving to dessert**

November 3rd is National Sandwich Day!

Enjoy a delicious sandwich on the menu

What is your favorite?

How many words can you make from the word SANDWICH?



DID YOU KNOW?

THANKSGIVING DID NOT
BECOME AN OFFICIAL
US HOLIDAY UNTIL
1863

You can live in a town called Turkey! These towns can be found in Texas, Louisiana and North Carolina.

Only male turkeys known as toms can GOBBLE.

Native Americans used fresh cranberries in food but were also used for dye and healing.

PRAYER CORNER

Lord, we thank You for the blessings of November. A month to celebrate all that we are thankful for. may You fill our hearts with warmth and kindness as we cherish this time with our friends and family. AMEN

