



NOVEMBER BREAKFAST



Tuesday – 11/2 Grape Juice String Cheese Turkey Sausage Pancake Minis (3) Tropical Fruit Pancake Syrup	Wednesday – 11/3 Orange Juice Turkey Sausage Biscuit Swiss Cheese Raisin Bran Cereal	Thursday – 11/4 Apple Juice Oatmeal Hard Boiled Egg Fresh Fruit Whole Wheat Bagel Peanut Butter & Assorted Jelly
Tuesday – 11/9 Orange Juice Raisin Bran Cereal Pumpkin Muffin Cherry Craisins Hard Boiled Egg	Wednesday – 11/10 Cranberry Juice Oatmeal Wheat English Muffin Egg Patty & Cheddar Cheese Fresh Fruit	Thursday – 11/11 NO BREAKFAST DELIVERY 
Tuesday – 11/16 Grape Juice Cinnamon Squares Cereal Whole Wheat Bagel & Cream Cheese Pineapple Tidbits Assorted Jelly	Wednesday – 11/17 Orange Juice Bran Flakes Cereal Whole Wheat Cinnamon Roll Hard Boiled Egg	Thursday – 11/18 Apple Juice String Cheese Turkey Sausage Pancake Minis (3) Tropical Fruit Pancake Syrup
Tuesday – 11/23 Cranberry Juice Cinnamon Squares Cereal String Cheese Whole Wheat Cinnamon Roll	Wednesday – 11/24 NO BREAKFAST DELIVERY	Thursday – 11/25 NO BREAKFAST DELIVERY
Tuesday – 11/30 Orange Juice Cheese Omelet Cinnamon Squares Cereal Cherry Craisins		

NOV	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	676	90	935
Week 2	737	96.3	932
Week 3	664	90.4	885
Week 4	711	96.8	988
Daily Standard		100 grams	800-1000 mg
Targeted Daily	650-750		

101-Sweet Potatoes



This mild and starchy root vegetable is a low-calorie, high-fiber carb option that can be enjoyed sweet or savory.

Sweet potatoes are distant cousins of classic russet potatoes and are often mistaken for yams, even though they are not related. The two main varieties are firm, with golden skin and pale flesh; and soft, which have copper skin and orange flesh.

Sweet potatoes are rich in beta-carotene (vitamin A), vitamins B6 and C, potassium and fiber. Soft sweet potatoes are widely used for sweet potato pies and fries.

BUY unblemished small to medium sweet potatoes that are heavy for their size and free of wrinkles, cuts, bruises or sprouts.

STORE unprepared sweet potatoes at room temperature in a dry, dark, cool (not cold) place up to three weeks. Do not wash before storing.

PREP by scrubbing the skins with a vegetable brush to remove grit (if not peeling later).

Cook sweet potatoes with the skin on to retain the most beta-carotene and vitamin C.

Ways to enjoy:

- **MASHED**-Peel and cube potatoes, then boil for 20 to 30 minutes. Drain water and place cubes in a large bowl. Mash with a potato masher or hand mixer on low.
- **BAKED**-Pierce skin with a fork in several spots. Place on a baking sheet and bake at 400°F for 45 minutes.
- **FRIED**-Cut sweet potato into wedges of desired size and toss with olive oil. Place fries on a baking sheet with nonstick spray and bake at 425°F for about 20 minutes.

<https://seasons.hy-vee.com/food/sweet-potatoes>

Make Every Bite Count

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium. Choose from these simple tips to help you...

Focus on whole fruits

- Start your day with **fruit at breakfast**. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep **ready-to-eat fruits** in the refrigerator for a quick snack.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a **quick fruit salsa** to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a **salad**.

Vary your veggies

- Add shredded carrots to the lettuce and tomato **in your sandwich**, make **soup** from the veggies in your vegetable drawer, and **snack on raw vegetables**.
- Try a **stir-fry** with fresh or frozen vegetables for a quick meal or easy side dish.
- Pick out a vegetable that the family has not tried and **get a new recipe** from a cookbook, website, supermarket, or friend.

Make half your grains whole grains

- For breakfast, enjoy a whole grain **hot or cold cereal**. Consider trying whole grain puffs or flakes that are new to you-you might discover a new favorite!
- Instead of sandwich bread, try a **whole grain pita, tortillas, naan or other whole grain flatbread, sliced breads, or rolls**.
- Create your own trail mix with whole grain cereal or enjoy whole grain crackers with turkey, hummus, or avocado for a **healthy whole grain snack**.

https://myplate-prod.azureedge.net/sites/default/files/2021-01/DGA_2020-2025_StartSimple_withMyPlate_English_color.pdf

C B H J S B R F E P Y S U C S
 H O J Q W R H Y A K T G H L S
 H N W V C K E C U O P H L D G
 C R X B X S K D I G X I C Y N
 V F I Y O E J R I S B B V G I
 P N K A R Y T Y Y A M R H H K
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BEARS
 BILLS
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 STEELERS
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