



NOVEMBER BREAKFAST



Tuesday – 11/1 Grape Juice Turkey Sausage Links (2) Whole Wheat Honey Bun Strawberry Craisin	Wednesday – 11/2 Apple Juice Oatmeal Raisins Whole Wheat Bagel & Peanut Butter	Thursday – 11/3 Orange Juice Turkey Ham Biscuit w/ Swiss Cheese Bran Flakes Cereal
Tuesday – 11/8 Grape Juice Hard Boiled Egg Whole Wheat Honey Bun Pineapple Tidbits	Wednesday – 11/9 Orange Juice Bran Flakes Cereal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit	Thursday – 11/10 Grape Juice String Cheese Waffles (2) & Pancake Syrup Raisins
Tuesday – 11/15 Orange Juice Bran Flakes Cereal Pancakes (2) & Pancake Syrup Turkey Sausage Link Fresh Fruit	Wednesday – 11/16 Cranberry Juice Cinnamon Squares Cereal String Cheese Whole Wheat Honey Bun	Thursday – 11/17 Grape Juice Oatmeal Banana Chocolate Chip Breakfast Round Hard Boiled Egg
Tuesday – 11/22 Orange Juice Raisin Bran Cereal Whole Grain Bagel & Peanut Butter Fresh Fruit	Wednesday – 11/23 No Breakfast Delivery	Thursday – 11/24 No Breakfast Delivery
Tuesday – 11/29 Orange Juice Raisin Bran Cereal Whole Wheat Honey Bun Hard Boiled Egg	Wednesday – 11/30 Apple Juice Oatmeal Turkey Sausage Biscuit Fresh Fruit	



In the Know: Safe Shopping Safe Food-handling Practices

Food safety is important for everyone-but it's extremely important for individuals with a weakened immune system, which makes them especially vulnerable to foodborne illness. The good news is that taking steps to select and prepare foods safely can often help people avoid foodborne infections.

Follow these safe food-handling practices when shopping:

- Put raw packaged meat, poultry, or seafood into a plastic bag before placing it in the shopping cart so that its juices will not drip on and contaminate other foods. If the meat counter does not offer plastic bags, pick some up from the produce section before you select your meat, poultry, and seafood.
- Buy only pasteurized milk, cheese, and other dairy products from the refrigerated section. When buying fruit juice from the refrigerated section of the store, be sure that the juice label says it is pasteurized.
- Never buy food that is displayed in unsafe or unclean conditions.
- When purchasing canned goods, make sure that they are free of dents, cracks, or bulging lids. (Once you are home, remember to clean each lid before opening the can.)
- Buy produce that is not bruised or damaged.

Food Product Dating

Many consumers misunderstand the purpose and meaning of the date labels that often appear on packaged foods. Confusion over date labeling accounts for an estimated 20 percent of consumer food waste.

Except for infant formula, manufacturers are not required by Federal law or regulation to place date labels based on safety or quality on packaged food. There are no uniform or universally accepted descriptions used on food labels for open dating (calendar dates) in the United States. As a result, there are a wide variety of phrases used for product dating.

The U.S. Food and Drug Administration supports efforts by the food industry to make “Best if Used By” the standard phrase to indicate the date when a product will be at its best flavor and quality. Consumers should examine foods for signs of spoilage that are past their “Best if Used by” date. If the products have changed noticeably in color, consistency, or texture, consumers may want to avoid eating them.

If you have questions or concerns about the quality, safety, or labeling of the packaged foods you buy, reach out to the company that produced the product. Many packaged foods provide the company’s contact information on the package.

	Calories	Carbohydrates	Sodium
NOV	Weekly Average	Weekly Average	Weekly Average
Week 1	710	95.3	965
Week 2	746	98.3	995
Week 3	670	93.2	973
Week 4	690	92.0	998
Daily Standard		100 grams	800-1000 mg
Targeted Daily	650-750		

Manufacturers apply date labels at their own discretion and for a variety of reasons. The most common is to inform consumers and retailers of the date to which they can expect the food to retain its desired quality and flavor.

Bringing Groceries Home

Follow these tips for safe transporting of groceries:

- Pick up perishable foods last, and plan to go directly home from the grocery store.
- Always refrigerate perishable foods within 2 hours of cooking or purchasing.
- Refrigerate perishable foods within 1 hour if the temperature is above 90°F.
- In hot weather, take a cooler with ice, insulated bags, or another cold source to transport perishable foods safely.

<https://www.fda.gov/media/83744/download>

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

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