

NOVEMBER

2020

Eating at the Hawk Café is a heavenly experience...



Cinnamon Toast
 Beefy Chili, Cheese, Crackers, Romaine Salad, Fruit
 2.

Cheese Toast
 Loaded Baked Potatoes, Romaine Salad, Fruit
 3.

Muffins
 Chicken Casserole w/Cracker Top, Green Beans, Carrots, Fruit
 4.

Cheese Omelet
 Turkey Sandwiches, L/T, Cheese, Chips, Raw Veggies, Fruit
 5.

Cereal, Toast, Yogurt, Fruit
 Hawk Dawgs, Chips, Raw Carrots & Ranch, Fruit, Ice Cream
 6.

Cinnamon Toast
 White Chicken Chili, Cheese, Crackers, Romaine Salad, Fruit
 9.

Cheese Toast
 Sweet & Sour Chicken, Rice, Cabbage, Fruit
 10.

Muffins
 Philly Cheesesteak Sliders, Chips, Raw Veggies, Fruit
 11.

Cheese Omelet
 Pretzels & Cheese Dip, Romaine Salad, , Fruit
 12.

Cereal, Toast, Yogurt, Fruit
 Hawk Burgers, Chips, L/T, Fruit, Ice Cream
 13.

Cinnamon Toast
 Taco Soup, Cheese, Romaine Salad, Tostitos, Fruit
 16.

Cheese Toast
 Beef Stroganoff, Green Beans, Carrots, Fruit
 17.

Muffins
 Hot Ham & Cheese Sandwiches, Chips, Raw Carrots & Ranch, Fruit
 18.

Cereal, Toast, Yogurt, Fruit
 Turkey & Dressing, Cranberry Sauce, Gravy, Green Beans, Mashed Potatoes, Roll, Fruit Salad
 19.

Cereal, Toast, Yogurt, Fruit
 Hawk Dawgs, Chips, Raw Carrots & Ranch, Fruit
 20.

HAVE
 23.

A
 24.

BEAUTIFUL
 25.

THANKSGIVING,
 26.

FRIENDS!!!
 27.

Cinnamon Toast
 Cheese Pizza, Romaine Salad, Chili Beans, Fruit
 30.

Special Announcements:
 Milk is offered with every meal. A variety of whole grain cereals, wheat toast, yogurt, and 100% fruit juices will be offered with every breakfast.

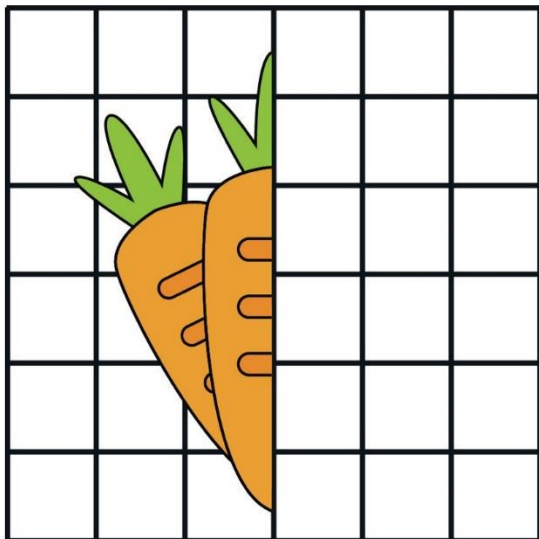




COMET CARROTS

Comets consist of ice and dirt. They are like dirty snowballs except they can reach sizes of about 6 miles across. When they are close to the sun, comets have tails that can be more than 100 million miles long. They circle the sun just like the Earth. The most famous comet is Halley's Comet. It has been observed for more than 2,000 years and its orbit makes it visible from the Earth every 76 years. It was named after the British astronomer Edmond Halley.

COMPLETE THE DRAWING



DID YOU KNOW?

Carrots are root vegetables like potatoes, turnips and beets. The orange root is a popular vegetable, but did you know you can eat the green leaves or carrot tops? Carrots are rich in vitamin A, vitamin C, vitamin K, potassium and dietary fiber. They also are a good source of antioxidants.

The health benefits of carrots are many, including helping to reduce cholesterol, preventing heart disease, protecting against development of certain cancers, improving vision, and reducing the signs of premature aging.

