Eating pumpkins is good for you! It contains 9 important nutrients—Vitamin C, Vitamin E, magnesium, potassium, zinc, iron, alpha and beta carotenoids, which help prevent cellular damage as well as help lower cholesterol. Have a happy and healthy Holiday Break!

**Menu Subject to Change**

Nutrition Key: Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:455 AvgSod(mg):756 AvgCarbs(g):81

"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.