Greenfield Central Jr. High

Lunch Menu

menu subject to change

without notice

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NOVEMBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken nuggets or Spicy popcorn chicken Broccoli Diced peaches Roll	4 Cheeseburger or Hamburger Baked beans Apple	5 Chicken or Spicy chicken sandwich Salad mix Pineapple tidbits	6 Pork chop Mashed potatoes Corn Diced pears Roll	7 Mini corn dogs or Hot dog Carrot coins Fruit cocktail
10 Cheese or Pepperoni breadstick Broccoli Diced pears	11 Taco burger or Taco salad Refried beans Apple	12 Spaghetti w/ meat sauce or Meatball sub Green beans Mandarin oranges	13 French toast sticks or biscuits & gravy Sausage patty Tri taters Orange	14 Spicy chicken or chicken tenders Baby carrots Applesauce Roll
17 Sweet & sour chicken nuggets Spring salad mix Fruit cocktail Roll	18 Walking taco or Soft taco Refried beans Banana	19 Chicken patty or BBQ chicken w/ roll Green beans Pineapple tidbits	20 Chicken and noodles Mashed potatoes Corn Diced pears Roll	21 Cheese or Pepperoni pizza Carrot coins Applesauce
24 Chicken nuggets or Spicy popcorn chicken Broccoli Diced peaches Roll	25 Cheeseburger or Hamburger Baked beans Apple	26 Thanksgiving Break	27 Thanksgiving Break	28 Thanksgiving Break

November is National Diabetes Month

What is National Diabetes Month?

National Diabetes Month, observed each year in November, is a time for communities across the country – and the world – to shine a spotlight on diabetes and encourage action to change the way diabetes is treated. Why is awareness about diabetes important?

- Nearly 26 million Americans have diabetes.
- Another 79 million adults in the United States have prediabetes, a condition that increases their chances of developing type 2 diabetes.
- If left undiagnosed or untreated, diabetes can lead to serious health problems such as heart disease, blindness, kidney disease, stroke, amputation and even death.

With early diagnosis and treatment, people with diabetes may prevent the development of these health problems.

- The total estimated cost of diagnosed diabetes in 2012 is $245 billion, including $176 billion in direct medical costs and $69 billion in reduced productivity.

Source: National Diabetes Education Program

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