

# Thanksgiving Meal 2017/2018

**Thursday, November 9**

Chapelfield and Goshen Lane

**Tuesday, November 14**

Middle School West

**Thursday, November 16**

Blacklick, MS East, MS South, Royal Manor

Lincoln Elementary, High Point Elementary

**Friday, November 10**

**Wednesday, December 20**

Jefferson Elementary

**Thursday, December 14/Thursday, March 22**

Royal Manor

## MENU

Tasty Diced Turkey  
Cooked Green Beans  
Traditional Stuffing  
Sweet Potatoes  
Fruit

Creamy Mashed Potatoes/Gravy  
Whole Wheat Dinner Roll  
Jellied Cranberry Sauce  
Pumpkin Pie/Whipped Topping  
Milk

## Nutritional Information

Menu Item	Calories	Carbs
Diced Turkey – 2 oz	73	0
Mashed Potatoes ½ c	94	18
Gravy ¼	41	3
Green Beans ½ c	36	4
Dinner Roll 1 ea	90	16
Margarine 1 ea	37	0
Stuffing ½ c	170	23
Sweet Potatoes ¼ c	243	54
Pumpkin Pie 1 slice	300	47
Whipped Topping 2 TBS	25	2
Jellied Cranberry Sauce ¼ c	110	25

This nutritional analysis information should not be used for menu planning for children with medical conditions or food allergies but should only be used as a guide. Please consult a medical professional for assistance. Please keep in mind that manufacturers may change ingredients and recipes periodically without notification. The school district nor the Nutritional Analysis software provider cannot guarantee the information provided is 100% accurate or up-to-date. The nutritional information is provided by food manufacturers, distributors, and other third parties. Please contact the Child Nutrition Department with questions at 614-478-5531.