




★ OUR NATION'S HISTORY ★

Westminster Abbey in London, England -- site of royal weddings and the place where British kings and queens are crowned -- was once also the site of an American Thanksgiving service. In November 1942, thousands of American soldiers were stationed in England to prepare for the invasion of France in World War II. For the first time in 900 years, control of the Abbey was given over to outsiders, and more than 3,000 American soldiers crowded into the Abbey for the service, which also featured a large American flag!

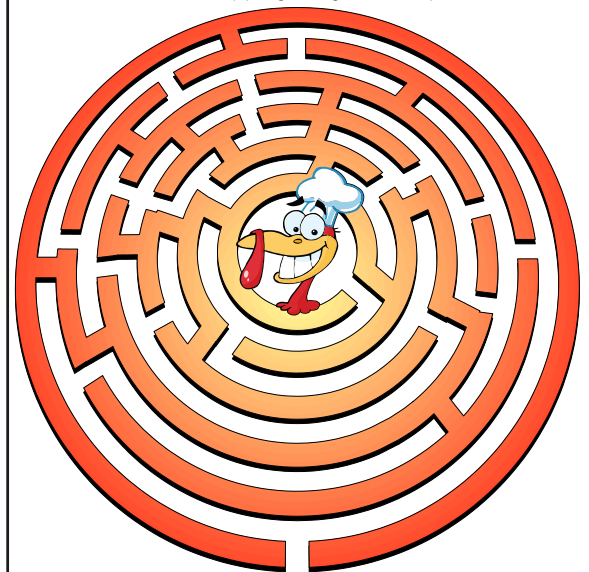


★ WITH LIBERTY & JUSTICE FOR ALL ★



Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday
Week 1 Golden Graham Bar String Cheese Almonds Strawberry applesauce 100% Fruit Juice
Week 2 Tortilla chips Nacho cheese Salsa & applesauce Spicy sunflower seeds
Week 3 Blazin Sunflower Seeds & Colby cheese Square Wheat Crackers Applesauce Tropical Dried Fruit

Tuesday
Week 1 Pizza kit Sunbutter cup Sliced apples Raisins
Week 2 Turkey-cheese deli wrap Crisp Apple slices Tropical dried fruit Ranch dressing
Week 3 Turkey Ham and cheddar wrap Mini carrots Ranch dressing Fruit cup

Wednesday
Week 1 Turkey ham & cheese sandwich on French roll Dried fruit mix Fresh orange Mayo & mustard
Week 2 Ciabatta Turkey & Cheese Sandwich Baby Carrots orange Mayo & Mustard
Week 3 Pizza kit Sunbutter cup Sliced apples Raisins

Thursday
Week 1 Sunbutter sandwich Fruit yogurt Raisins 100% fruit juice
Week 2 Sunbutter sandwich Fruit yogurt Raisins 100% fruit juice
Week 3 Turkey ham bagel sandwich Cinnamon Graham crackers 100% fruit juice Mayonnaise and mustard

Friday
Week 1 Yogurt cup Strawberry applesauce Cal-Tropics seeds and dried fruit Oatmeal bar
Week 2 Hoagie roll roast turkey, cheese Mayo/mustard Orange, apricot dried fruit mix
Week 3 Hoagie roll roast salami, cheese Mayo/mustard Orange, apricot dried fruit mix