



# Elementary Menus for November 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Staff Development Day	3 Cheese Pizza Chicken Patty Power Pack	4 Chef Salad PB & J Power Pack	5 Pizza Hot Pocket Pork Rib Sandwich Power Pack	6 Chicken Nuggets & Potatoes Bean & Cheese Burrito Power Pack
9 Cheeseburger Pepperoni Pizza Power Pack	10 Chicken Patty Bean & Cheese Chalupa Power Pack	11 Veteran's Day HOLIDAY	12 Spaghetti & Meatballs Pizza Hot Pocket Power Pack	13 Chicken Nuggets & Potatoes Bean & Cheese Burrito Power Pack
16 Corn Dog Pepperoni Pizza Power Pack	17 Cheese Pizza Chicken Patty Power Pack	18 Chef Salad PB & J Power Pack	19 Pizza Hot Pocket Pork Rib Sandwich Power Pack	20 Chicken Nuggets & Potatoes Bean & Cheese Burrito Power Pack
23 Cheeseburger Pepperoni Pizza Power Pack Turkey Cookie	24 Chicken Patty Bean & Cheese Chalupa Power Pack	25 Thanksgiving Break	26 Thanksgiving Break	27 Thanksgiving Break
30 Corn Dog Pepperoni Pizza Power Pack				
<b>SIDES</b>				
Corn Fruit	Salad Cup Fruit	Baby Carrots Fruit	Broccoli Fruit	Baby Carrots Fruit

## Breakfast Includes:

Entrée  
Whole Grain &  
Reduced Sugar Cereal,  
1% Milk and  
Fresh Fruit or  
100% Fruit Juice.

### Monday Entrée

Whole Grain Pop Tart

### Tuesday Entrée

Whole Grain Mini Muffin

### Wednesday Entrée

Bagel with your choice of  
cream cheese  
or peanut butter

### Thursday Entrée

Hard Boiled Egg

### Friday Entrée

Low-Fat String Cheese  
Super Wholesome Bear Graham

## Breakfast Prices

Paid: \$1.00; Reduced: Free  
Staff: \$1.75

## Lunch Prices

Paid: \$2.00; Reduced: \$0.40  
Staff: \$2.50

Menu subject to change.

### Lunch Includes:

Your choice of  
one entrée,  
vegetable,  
milk,  
fruit and  
100%  
fruit juice.

## Healthy Choices During the Holiday Season

The holiday season is upon us again. To keep the extra pounds from sneaking up this year, here are some easy to follow suggestions:

- Drink an 8oz glass of water before each meal to help feel full faster.
- Eat a healthy snack of carrots and celery before going to a party where there will be high-fat appetizers and high calorie beverages.
- Throw away all remaining Halloween candy! Replace the candy dishes with potpourri.
- Start your New Years Resolution early and start walking 30—60 minutes a day.

