Menus For NOVEMBER

**South Whittier School District** 

This institution is an equal opportunity provider. Menus are subject to change.



## AVAILABLE DAILY THE FAMILY THAT EATS

Fruits and vegetables are offered during breakfast and lunch.

1% milk and nonfat chocolate milk offered daily.

All grains offered are whole grains.

#### **Prices**



Student Breakfast: \$1.00 Student Lunch: \$1.75 \$2,50 Adult Lunch:

\$.50 effort needed to fix meals. Milk:

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. **WELLNESS IS A WAY OF LIFE!** 

TOGETHER.

Family meals don't just

improve kids' nutrition -

boost social skills and

eating together also helps

increase kids' appreciation w

for the value of food and the

## **Election Day** is November 8. Everyone over 18 should get out and

#### Tuesday, November I

#### **Breakfast**

Marshmallow Matey's Breakfast Bun **Bananas** 

#### Lunch

Chicken/Cheese Tamales Pinto Beans **Cupped Vegetables** Salad Bananas **Cupped Fruit** 

#### Wednesday, November 2

#### Breakfast

Frosted Mini Spooners Quesadilla Orange Slices

#### Lunch

Teriyaki Chicken w/Brown Rice **Asian Vegetables Baby Carrots Orange Slices Cupped Fruit** 

#### Thursday, November 3

#### **Breakfast**

Raisin Bran Apple Muffin **Cupped Fruit** 

#### Lunch

Grilled Cheese Sandwich Sun Chips Salad **Cupped Vegetables** Grapes/Apples **Jicama** 

#### Friday, November 4

#### **Breakfast**

Marshmallow Matey's Pancake Stick **Apple Slices** 

#### Lunch

Taco Sticks **Cupped Vegetables** Salad/Baby Carrots **Cupped Fruit** Chocolate Chip Cookie Jicama

## $\star$ Our Nation's History $\star$

oston Light sits outside the harbor of Boston. Massachusetts. The original lighthouse started operating 300 years ago this fall in 1716 and was the first lighthouse on our shores. The light pictured here replaced the first one in 1783. Today, Boston Light's white beacon flashes every 10 seconds and can be seen more than 30 miles out to sea.

Jim Getchell via Creative Commons

 $\star$  With Liberty & Justice for  $All \star$ 

#### Monday, November 7

#### **Breakfast**

**Honey Nut Scooters** Chorizo Wrap **Orange Juice** Lunch

Hamburger/Cheeseburger **Baked Fries Baby Carrots Apple Slices Cupped Fruit** 

#### Tuesday, November 8

#### **Breakfast**

Marshmallow Matey's Yogurt Parfait **Bananas** 

#### Lunch

Beef Tostada Spanish Rice Shredded Lettuce **Diced Tomatoes** Salad Bananas **Cupped Fruit** 

#### Wednesday, November 9

#### **Breakfast**

Frosted Mini Spooners **Pancakes Orange Slices** 

#### Lunch

**Chicken Nuggets** Mashed Potatoes/Gravv Dinner Roll **Cooked Vegetables Baby Carrots Oranges Cupped Fruit** 

#### Thursday, November 10

No School **Today** 

#### Friday, November II



Veteran's Day No School **Today** 

# NUTRITION 7030

Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for seconds.



DAIRY

## Eat more



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

#### Monday, November 14

#### Breakfast

**Honey Nut Scooters** Breakfast Pizza Apple Juice

#### Lunch

Chicken Patty Sandwich **Baked Fries Cupped vegetables Baby Carrots Apple Slices Cupped Fruit** 

#### Tuesday, November 15

#### Breakfast

Marshmallow Matey's Pan Dulce **Bananas** 

#### Lunch

Chicken Tostada Spanish Rice Shredded Lettuce **Diced Tomatoes** Salad **Bananas Cupped Fruit** 

#### Wednesday, November 16

#### Breakfast

Frosted Mini Spooners Quesadilla **Orange Slices** 

#### Lunch

Orange Chicken w/ Brown Broccoli w/ Cheese **Baby Carrots Oranges Cupped Fruit** 

#### Thursday, November 17

#### Breakfast

Raisin Bran Banana Muffin **Cupped Fruit** 

#### Lunch

Turkey Dog w/ Chili Beans Salad **Cupped Vegetables** Grapes/Apples Jicama

#### Friday, November 18

#### Breakfast

Marshmallow Matey's Peanut Butter/Jelly Sandwich **Apple Slices** 

#### Lunch

Pizza Tostito's Scoops Salad/Baby Carrots **Cupped Fruit** Chocolate Chip Cookie Jicama

# Thanksgiving Break

No School

Break begins at the end of classes: Friday, Nov. 18

Classes Resume: Monday, Nov. 28

## **Pumpkin** Halloween is over, so can we agree that the best pumpkins aren't the big carving ones that you can't eat? The much smaller

"sugar pumpkins" are the ones that wind up in pumpkin pie, which is a dessert that actually delivers 🎾 fiber and B vitamins!

### Happy Thanksgiving! See you Monday!



#### Monday, November 28

#### Breakfast

Honey Nut Scooters Breakfast Pizza **Orange Juice** 

#### Lunch

Chicken Nuggets Mashed Potatoes/Gravy Dinner Roll **Baby Carrots Apple Slices Cupped Fruit** 

#### Tuesday, November 29

#### Breakfast

Marshmallow Matey's Breakfast Bun **Bananas** 

#### Lunch

Chicken/Cheese Tamales Pinto Beans **Cupped Vegetables** Salad Bananas **Cupped Fruit** 

#### Wednesday, November 30

#### Breakfast

Frosted Mini Spooners Quesadilla **Orange Slices** 

#### Lunch

Manager's Choice **Baby Carrots Orange Slices Cupped Fruit** 

# Many

Native Americans had special names for every full moon of the year. One name for the November full moon is the "Much White Frost on Grass" moon, because November is when the cold weather sets in.