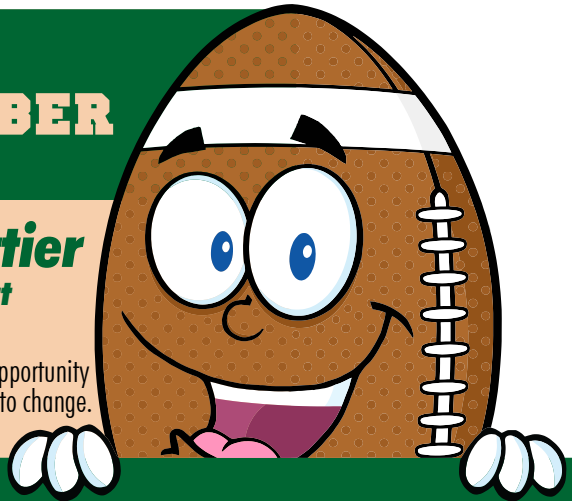


# MENUS FOR NOVEMBER 2016

## South Whittier School District

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



## AVAILABLE DAILY

Fruits and vegetables are offered during breakfast and lunch.  
1% milk and nonfat chocolate milk offered daily.  
All grains offered are whole grains.

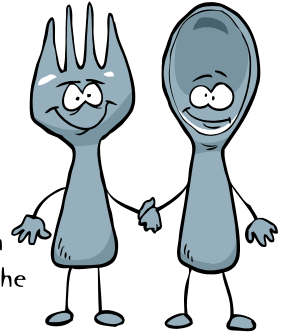
### Prices

Student Breakfast: \$1.00  
Student Lunch: \$1.75  
Adult Lunch: \$2.50  
Milk: \$.50



## THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve kids' nutrition - eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.



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

Election Day  
is November 8.

Everyone  
over 18 should  
get out and  
**VOTE!**

Tuesday, November 1

### Breakfast

Marshmallow Matey's  
OR  
Breakfast Bun  
Bananas

### Lunch

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

Wednesday, November 2

### Breakfast

Frosted Mini Spooners  
OR  
Quesadilla  
Orange Slices

### Lunch

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

Thursday, November 3

### Breakfast

Raisin Bran  
OR  
Apple Muffin  
Cupped Fruit

### Lunch

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

Friday, November 4

### Breakfast

Marshmallow Matey's  
OR  
Pancake Stick  
Apple Slices

### Lunch

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

Monday, November 7

### Breakfast

Honey Nut Scooters  
OR  
Chorizo Wrap  
Orange Juice

### Lunch

Hamburger/Cheeseburger  
Baked Fries  
Baby Carrots  
Apple Slices  
Cupped Fruit

Tuesday, November 8

### Breakfast

Marshmallow Matey's  
OR  
Yogurt Parfait  
Bananas

### Lunch

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

Wednesday, November 9

### Breakfast

Frosted Mini Spooners  
OR  
Pancakes  
Orange Slices

### Lunch

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

Thursday, November 10

**No School  
Today**

Friday, November 11



**Veteran's Day  
No School  
Today**

## ★ OUR NATION'S HISTORY ★



**B**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*

★ WITH LIBERTY & JUSTICE FOR ALL ★



**Monday, November 14**

**Breakfast**  
Honey Nut Scooters  
OR  
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  
OR  
Pan Dulce  
Bananas

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

**Wednesday, November 16**

**Breakfast**  
Frosted Mini Spooners  
OR  
Quesadilla  
Orange Slices

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

**Thursday, November 17**

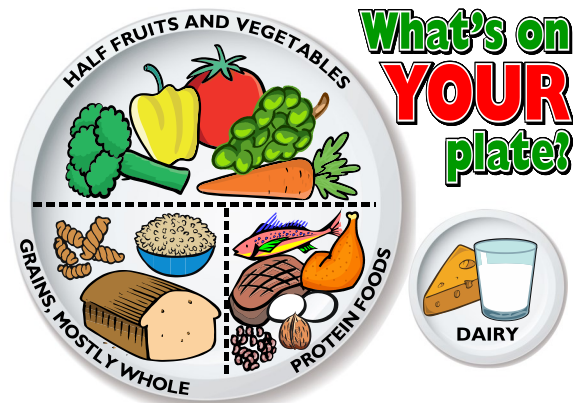
**Breakfast**  
Raisin Bran  
OR  
Banana Muffin  
Cupped Fruit

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

**Friday, November 18**

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

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

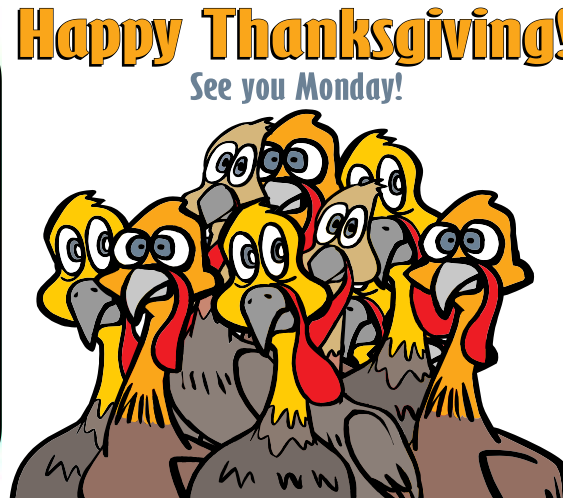
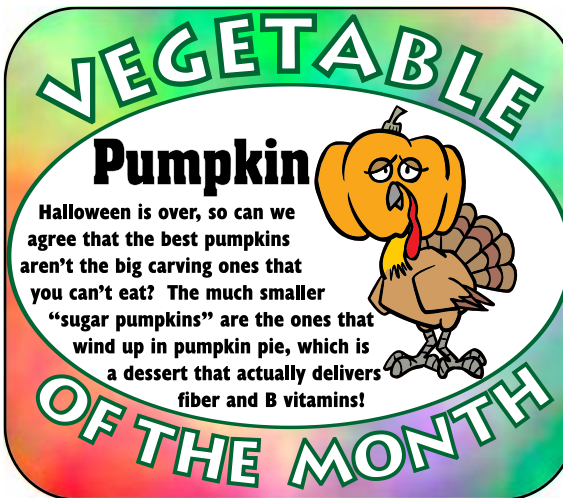


**Thanksgiving Break**

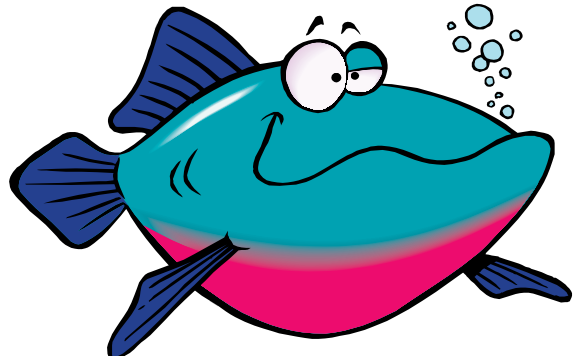
No School

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

Classes Resume: Monday, Nov. 28



**Eat more fish!**



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 28**

**Breakfast**  
Honey Nut Scooters  
OR  
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  
OR  
Breakfast Bun  
Bananas

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

**Wednesday, November 30**

**Breakfast**  
Frosted Mini Spooners  
OR  
Quesadilla  
Orange Slices

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

