

November 2017 Menu for Elementary

Sweet Home School District
 November 10—Veteran's Day Holiday—
 No School
 November 22,23,24—
 Thanksgiving Holiday



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>**USDA and SWEET HOME SCHOOL DISTRICT are EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS</p>	<p>1 Chicken Enchiladas Or Mini Corn Dogs</p>	<p>2 Tater Tot Casserole & Garlic Toast Or PBJ Uncrustable & Pretzel Goldfish</p>	<p>3 Hamburger on Wg Bun With or without Cheese Bacon Ranch Pasta Salad Surprise Dessert</p>
<p>6 Chicken Chunks & Wg Muffin</p>	<p>7 Soft Tacos Peach Cups</p>	<p>8 EARLY RELEASE! Mini Cheese Pizzas Green Beans with Diced Ham</p>	<p>9 Sweet n Sour Chicken & Oriental Rice Peanut Butter Cookie</p>	<p>10 Celebrating... Veteran's Day No School</p>
<p>13 Chicken Sandwich Roasted Butternut Squash Mmmmm!</p>	<p>14 Fish Tacos! Or Bean Cheese Burrito Taco Toppings Bar</p>	<p>15 EARLY RELEASE! WG Bagel, Cheese Spread & Peanut Butter Cup Or Egg Salad Deli Raisins & Apples</p>	<p>16 Turkey in Gravy Mashed Potatoes Pink Holiday Fruit Salad Pickles & Olives Pumpkin Chocolate Cup Cake</p>	<p>17 Sloppy Joes OR Ranch Flavored Cheese Curds & WG Crackers</p>
<p>20 Popcorn Chicken & Wg Blueberry Muffin</p>	<p>21 Nachos Hot Buttered Corn Fiesta Salad Bar Strawberry Cups</p>	<p>22 No School!</p>	<p>23 HAPPY THANKSGIVING</p>	<p>24 No School!</p>
<p>27 Chicken Tenders With WG Cheezits</p>	<p>28 Taco Soup & Fritos Or Teriyaki Dippers</p>	<p>29 EARLY RELEASE! Cheese Filled Breadsticks & Pizza Sauce Steamed Green Peas</p>	<p>30 BBQ Pulled Pork in a Bun Or Cheese Quesadilla Broccoli Bacon Salad—YUM!</p>	



LUNCH PRICES:
 Elem—ALL FREE/2nd meal—\$2.20
 J.H.....\$2.45 H.S.....\$2.70
 Adult—\$3.70 Reduced.....FREE
 Breakfast....No Charge!!!
 Extra milk—.40

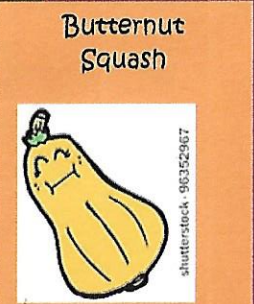
Salad Bar with Fresh Fruits and Vegetables offered everyday!
 Required: Your plate must have at least 1/2 cup of fruit or a combination of 1/4 cup fruit & 1/4 cup vegetable to make it a reimbursable meal.

WE MAKE EVERY EFFORT TO HAVE ALL MENUED ITEMS AVAILABLE EACH DAY.
 However, due to forecasting, cost controls, & efforts to control waste, some food items may run out by the time your child makes his/her selections. Should your child not receive their desired item, they will be served an alternate choice. We apologize for the inconvenience.

Fresh and/or canned fruits and fresh vegetables are available each day, along with a variety of low fat or non fat milk.

Please note that when following the Traditional Meal Pattern, 5 food items will be offered: meat or meat alternative; liquid milk; grains/bread; and 1 serving each of vegetables and fruit.*

With Offer vs. Serve, each child must select at least 3 of the 5 items to make a reimbursable meal. One item selected must be at least 1/2 cup fruit/vegetable. Please note that we are required to serve 51% whole grain rich breads and pastas this school year. We continue to eliminate foods containing trans fats and high fructose syrup. Our menu changes comply with USDA regulations such as lower sodium content and serving vegetable subgroups.



Butternut Squash

....is a Winter Squash!
 It's a vitamin and mineral powerhouse!
 It provides Vitamin A and C, fiber potassium, magnesium and lots of others!
 Pigments called carotenoids give winter squash their deep yellow and orange colors.
 Carotenoids turn into Vitamin A in your body.
 Vitamin A keeps eyes and skin healthy. It also helps your body fight infections.
 Winter squash have hard shells that allow them to store well.