

# Menus for November 2013

South  
Elementary

*This institution is an  
equal opportunity  
provider and employer.*

*A Note from the  
Child Nutrition Director*

*Students who qualify  
for a free or  
reduced-price lunch  
automatically qualify  
for a free or reduced-  
price breakfast, too!*

**DON'T FORGET TO  
SET YOUR  
CLOCKS BACK  
1 HOUR**



**SUNDAY, NOV. 3**

Available Daily	Pricing Info
<p>BABY CARROTS, CANNED FRUIT AND FRESH FRUIT ARE AVAILABLE ON THE FOOD BAR DAILY</p> <p>MILK AVAILABLE DAILY: 1% WHITE FAT FREE WHITE FAT FREE CHOCOLATE</p> <p>NUTRITION INFORMATION ON THIS MENU CAN BE FOUND AT <a href="http://WWW.JENHUDFOOD.ORG">WWW.JENHUDFOOD.ORG</a></p>	<p>LUNCHES - \$2.00 PER DAY AND INCLUDE A MILK</p> <p>REDUCED PRICE MEALS FOR THOSE WHO QUALIFY - \$.40 PER DAY</p> <p>MILK ONLY - \$.50 PER DAY</p> <p>ONLINE DEPOSITS CAN BE MADE AT <a href="http://WWW.SENDMONEYTOSCHOOL.COM">WWW.SENDMONEYTOSCHOOL.COM</a> THERE IS A \$2.00 FEE FOR THIS SERVICE.</p>

**Monday, November 4**

**INTERNATIONAL DRUM MONTH**  
CHOOSE ONE:  
(W) SAUSAGE PIZZA  
OR  
(B) CHEESEBURGER OR HAMBURGER ON BUN

**SUPERPOWER VEGETABLES**  
GARBANZO BEANS  
BABY CARROTS

**NATURE'S CANDY**  
PINEAPPLE  
APPLE

**Tuesday, November 5**

**ELECTION DAY**  
CHOOSE ONE:  
(W) CHICKEN NOODLE AND RICE SOUP WITH MINI BOSCO  
OR  
(B) CHEESEBURGER OR HAMBURGER ON BUN

**SUPERPOWER VEGETABLES**  
HOT BROCCOLI  
BABY CARROTS

**NATURE'S CANDY**  
PEARS  
ORANGE WEDGES

**Wed., November 6**

CHOOSE ONE:  
(W) TACO BOAT WITH GOLDFISH GRAHAMS  
OR  
(B) CHEESEBURGER OR HAMBURGER ON BUN

**SUPERPOWER VEGETABLES**  
GREEN BEANS  
BABY CARROTS

**NATURE'S CANDY**  
PEACHES  
BANANA

**Thursday, November 7**

CHOOSE ONE:  
(W) CHILI WITH MEAT AND BAKED SCOOPS OR  
(B) CHEESEBURGER OR HAMBURGER ON BUN

**SUPERPOWER VEGETABLES**  
MINI BAKED POTATO  
BABY CARROTS

**NATURE'S CANDY**  
MIXED FRUIT  
GRAPES

**Friday, November 8**

CHOOSE ONE:  
(W) HAM CHEF WITH ROLL OR  
(B) CHEESEBURGER OR HAMBURGER ON BUN

**SUPERPOWER VEGETABLES**  
ROMAINE RIBBONS  
BABY CARROTS

**NATURE'S CANDY**  
MANDARIN  
ORANGES  
FRESH PEAR

# Thank You



★ VETERANS' DAY NOVEMBER 11 ★

**Monday, November 11**

**VETERAN'S DAY**  
CHOOSE ONE:  
(W) CORN DOG OR  
(B) CHICKEN NUGGETS WITH BREAD

**SUPERPOWER VEGETABLES**  
PEAS  
BABY CARROTS

**NATURE'S CANDY**  
TROPICAL FRUIT MIX  
FARM FRESH APPLE

**Tuesday, November 12**

CHOOSE ONE:  
(W) MAC AND MEAT OR  
(B) CHICKEN NUGGETS WITH BREAD

**SUPERPOWER VEGETABLES**  
FRESH BROCCOLI  
BABY CARROTS

**NATURE'S CANDY**  
APPLE SLICES WITH CINNAMON  
BANANA

**Wed., November 13**

CHOOSE ONE:  
(W) CHEESE PIZZADILLA OR  
(B) CHICKEN NUGGETS WITH BREAD

**SUPERPOWER VEGETABLES**  
CELERY  
BABY CARROTS

**NATURE'S CANDY**  
PEARS  
GRAPES

**Thursday, November 14**

CHOOSE ONE:  
(W) GRILLED CHEESE SANDWICH OR  
(B) CHICKEN NUGGETS WITH BREAD

**SUPERPOWER VEGETABLES**  
TOMATO SOUP  
BABY CARROTS

**NATURE'S CANDY**  
PEACHES  
ORANGE WEDGES

**Friday, November 15**

CHOOSE ONE:  
(W) HONEY RIB SANDWICH ON BUN OR  
(B) CHICKEN NUGGETS WITH BREAD

**SUPERPOWER VEGETABLES**  
BAKED BEANS  
BABY CARROTS

**NATURE'S CANDY**  
APRICOTS  
FRESH PEAR

## HABIT FORMING.

Lots of things that are bad for you are habit-forming, but so are some good things. Eating breakfast, for instance. Research has shown that kids who eat a good breakfast most days when they're young are more likely to keep doing so as teens and adults.



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

PLEASE JOIN US FOR OUR

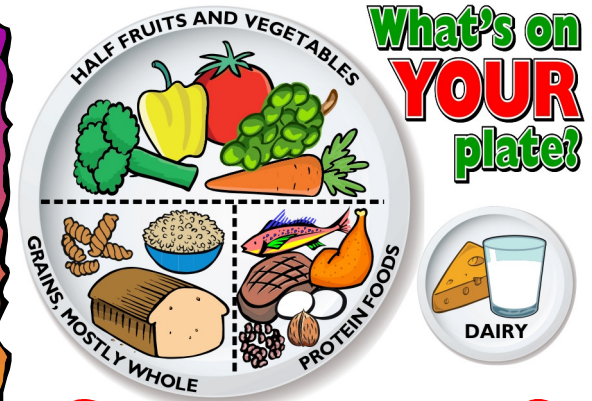


TUESDAY, NOVEMBER 19



WHAT MAKES LEARNING FUN?

A GREAT TEACHER!  
Please join us in saying thanks to our teachers during American Education Week November 18-22!



What's on YOUR plate?

# 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!

**Monday, November 18**  
**GAME AND PUZZLE WEEK**  
CHOOSE ONE:  
(W) TEXAS CINNAMON TOAST WITH SCRAMBLED EGGS OR  
(B) HAM & CHEESE ON BUN  
  
SUPERPOWER VEGETABLES  
CUCUMBERS  
BABY CARROTS  
NATURE'S CANDY  
APPLE JUICE  
GRAPES

**Tuesday, November 19**  
**CHUTES AND LADDERS**  
CHOOSE ONE:  
(W) TURKEY GRAVY WITH ROLL OR  
(B) HAM & CHEESE ON BUN  
  
SUPERPOWER VEGETABLES  
MASHED POTATOES  
  
NATURE'S CANDY  
APPLESAUCE  
ORANGE WEDGES

**Wed., November 20**  
**SORRY!**  
CHOOSE ONE:  
(W) BOSCO CHEESESTICKS WITH MEATLESS SAUCE OR  
(B) HAM & CHEESE ON BUN  
  
SUPERPOWER VEGETABLES  
FRESH SPINACH  
BABY CARROTS  
  
NATURE'S CANDY  
MIXED FRUIT  
BANANA

**Thursday, November 21**  
**SETTLERS OF KATTAN**  
CHOOSE ONE:  
(W) CHEESY GARLIC FLATBREAD OR  
(B) HAM & CHEESE ON BUN  
  
SUPERPOWER VEGETABLES  
BEAN SALAD  
BABY CARROTS  
  
NATURE'S CANDY  
PINEAPPLE  
FARM FRESH APPLE

**Friday, November 22**  
**PICTIONARY**  
CHOOSE ONE:  
(W) CHICKEN TENDERS WITH GOLDFISH GRAHAM OR  
(B) HAM & CHEESE ON BUN  
  
SUPERPOWER VEGETABLES  
GREEN BEANS  
BABY CARROTS  
  
NATURE'S CANDY  
TROPICAL FRUIT MIX  
RAISINS

**Monday, November 25**  
**THANKSGIVING VACATION WEEK!**  
CHOOSE ONE:  
(W) TERIYAKI BEEF NIBBLERS WITH ROLL OR  
(B) CHEESE PIZZA  
  
SUPERPOWER VEGETABLES  
HOT BROCCOLI  
BABY CARROTS  
  
NATURE'S CANDY  
PEARS  
FARM FRESH APPLE

**Tuesday, November 26**  
CHOOSE ONE:  
(W) FISH TREASURES OR  
(B) CHEESE PIZZA  
  
SUPERPOWER VEGETABLES  
BABY CARROTS  
  
NATURE'S CANDY  
MIXED FRUIT  
GRAPES  
  
FREE HARVEST DOOR HANGER

NO LUNCH

Thanksgiving Holiday Begins Today!



HAPPY THANKSGIVING



SEE YOU ON MONDAY!



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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)