

MEAL PRICES

Breakfast:	Lunch:
PK-12 \$1.60	PK-6 - \$2.50
Reduced - \$.30	7-12 - \$2.65
	Reduced - \$.40
Adults - \$2.20	Adults - \$3.60
Milk \$.40	

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To qualify as a reimbursable meal each meal MUST have ½ cup fruit/vegetable/ or combination of the two</p>	<p>1 Peach Coffee Cake 42g Sausage Patty 1g Pears 14g</p> <p>Hot Dog on WG Bun 36g Corn 16g Baked Beans 20g/39g Cinnamon Apples 26g</p>	<p>2 WG Biscuit 27g Sausage Gravy 8g Cinnamon Apples 26g</p> <p>Chicken & Noodles 25g Mashed Potatoes 20g Peas 5g/10g Mandarin Oranges 17g WG Banana Bread 32g</p>	<p>3 Scrambled Eggs 2g Hash Brown Patty 26g Mandarin Oranges 17g</p> <p>BBQ Pork Patty on WG Bun 43g Green Beans 6g Baby Carrots 3g Applesauce 14g</p>	<p>4 NO SCHOOL</p>
<p>7 WG Breakfast Pizza 26g Mixed Fruit Cup 17g</p> <p>Chicken Strips 11g Mashed Potatoes 20g Gravy 4g Corn 8g/16g Roll 29g Peaches 12g</p>	<p>8 WG Biscuit 27g Sausage & Cheese 1g Peaches 12g</p> <p>Burrito Bowl 34g Salad Greens 3g Mixed Vegetables 6g/12g Pineapple 20g</p>	<p>9 WG Blueberry Muffin Sausage Patty 1g 22g Pineapple 20g</p> <p>WG Stuffed Crust Pizza Broccoli 6g 38g Cucumbers 1g Orange 15g</p>	<p>10 WG Biscuit 29g Sausage Gravy 8g Orange 15g</p> <p>Cheeseburger on Bun 29g Bean Bake 15g/30g Sweet Potato Tots 9g/18g Pears 14g</p>	<p>11 Cereal String Cheese 1g Pears 14g</p> <p>Super Nachos 43g Carrots 3/6g 18g Strawberries&Bananas WG Chocolate Chip Cookies 20/40g</p>
<p>14 WG Pancakes 27g Sausage Links 1g Oranges 18g</p> <p>Breaded Pork Patty 19g Chicken Rice 11/22g Peas 10g Rosy Applesauce 19g WG Sugar Cookies 29/58g</p>	<p>15 WG Banana Crumb Muffin 38g Rosy Applesauce 19g</p> <p>Chicken Parmesan on WG Bun 43g Spinach 2/4g Green Beans 3/6g Fruit Cocktail 18g</p>	<p>16 WG Cinnamon Roll 34g uniced/52g iced Fruit cocktail 18g</p> <p>WG Corn Dog 30g Bean Bake 15/30g Sweet Potato Tots Pears 14g 9g/18g Chocolate Chip Cookies 20/40g</p>	<p>17 Cereal Yogurt 20g Mandarin Oranges 17g</p> <p>BBQ Chicken Wrangler on WG Bun 38g Broccoli Cheese Rice 20g Carrots 3/6g Mandarin Oranges 17g</p>	<p>18 Sausage Gravy WG Biscuit 29g Pears 14g</p> <p>HOLIDAY MEAL Crispitos with cheese 53g Spanish Rice 14g Corn 16g Pineapple & Bananas 10g Pumpkin Dump Cake 46g</p>

<p>21 WG Breakfast Pizza 26 g Pears 14g</p> <p>WG Chicken Strips 11g Savory Rice 14/28g Peas 10g Cauliflower 2/4g Peaches 12g</p>	<p>22 Scrumptious Coffee Cake 57g Peaches 12g</p> <p>Sloppy Joe Taters 31g Green Beans 3g/6g WG Chocolate Chip Cookie 40g Applesauce 14g</p>	<p>23 NO SCHOOL</p>	<p>24 THANKSGIVING NO SCHOOL</p>	<p>25 NO SCHOOL</p>
<p>28 WG Pancake on Stick 22g Grapes 15g</p> <p>Taco Salad 24g/42g Refried Beans 12g/24g Carrots 6g Pears 14g</p>		<p>Offered Daily for Breakfast: 100% Fruit Juice -carbs 12g-18g Assorted WG Cereals 18g- 28g Milk carb: 1% white milk 13g Skim chocolate milk 31g</p>	<p>All Middle School/High School Ala Carte options meet USDA Smart Snack at School Nutrition Standards.</p>	<p>***BOLD PRINT items are made fresh in house</p>

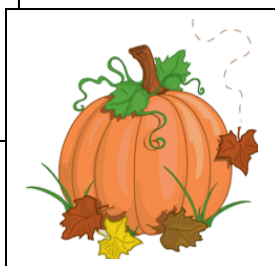
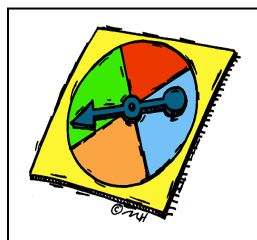
This institution is an equal opportunity provider.

Kids Fruit and Yogurt Parfait

Ingredients:

- Yogurt – any flavor – We chose organic vanilla bean.
- Fresh or frozen fruit you like, chopped – We used frozen strawberries that were thawed.
- Granola

Direction: Place the ingredients out at kid level with 3 different spoons. Let you child layer ingredients in a short drinking glass. Enjoy your fancy fruit and yogurt parfait!



**NOVEMBER IS MONTH FOR
CELEBRATING:**

**Diabetes Awareness Month, Peanut butter
Lovers Month, 3rd week – Games & Puzzles
Week**

**14th World Diabetes Day, 17th Homemade
Bread Day, 25th National Parfait Day**

“Must-Do” Healthy Activities for Kids This Fall
Cook up Healthy /Cozy Fall meals – crockpots, school
snacks, fall themed treats
Layer Up / Get Outside! - Rake leaves, Family Walks,
play neighborhood games
Look For Fall Themed Events – Visit Pumpkin Patches,
Go Apple Picking, discover and collect beautiful fall
leaves
Reduce Electronics, Increase Creativity – limit exposure
to electronics, Use fall leaves to create beautiful fall
paintings, carve pumpkins together