

LUNCH

November 2014

THANKFUL @ ELL-SALINE

Nutrition Tip

Increase veggie intake for the whole family. Here are some ideas:

- Double the vegetables prepared for dinner and use the leftovers in meals the next day.
- Stuff leftover asparagus or peas with sliced turkey and cheese into a pita.
- Stock up on frozen and canned vegetables for quick additions to meals.

USDE IS AN EQUAL OPPORTUNITY EMPLOYER

* **monday**

* **tuesday**

* **wednesday**

* **thursday**

* **friday**

VARIETY IS IMPORTANT WHEN IT COMES TO VEGETABLES. DIFFERENT NUTRIENTS ARE FOUND IN DIFFERENT VEGETABLES. For example, red peppers are an excellent source of vitamin C while carrots are rich in beta carotene. Eat the colors of the rainbow to get the most nutrition with the vitamins, minerals, and fiber you need for good health.

WHAT ARE YOU
THANKFUL FOR?

BEAN & BEEF BURRITO **3**
SALSA , CORN
ROMAINE & TOMATO
BANANA, MILK
(9-12) TORTILLA CHIPS

STROMBOLI SQUARES **4**
GARDEN SALAD
BABY CARROTS
DICED PEACHES, MILK
(9-12) GARLIC BREADSTICK

BEEF STEAK FINGERS **5**
POTATOES & GRAVY
STEAMED BROCCOLI
ORANGE SLICES, MILK
(6-12) ROLL & JELLY

GRILLED CHEESE **6**
VEGETABLE STEW
CALIFLOWER FLORETS
SWEET POTATO WAFFLE
APPLE SAUCE, MILK

RIB PATTIE ON A BUN **7**
BAKED BEANS
CELERY & CUCUMBERS
PINEAPPLE TIDBITS, MILK
(6-12) BROWNIE

PIG IN A BLANKET **10**
SWEET POTATO WAFFLE
BROCCOLI & CHEESE
BANANA
MILK

SPAGHETTI & MEAT SAUCE **11**
GARLIC BREAD
GARDEN SALAD
GREEN BEANS
MANDARIN ORANGES, MILK

CHICKEN WRAP **12**
SPANISH BROWN RICE
ROMAINE & TOMATO SLICE
APPLE QUARTERS, MILK
(9-12) OATMEAL COOKIE

CRISPITO W/ CHEESE **13**
LETTUCE & TOMATO
SALSA, REFRIED BEANS
FRESH GRAPES, MILK
(6-12) TORTILLA CHIPS

CHICKEN & NOODLES **14**
MASHED POTATOES
BABY CARROTS
DICED PEARS, MILK
(6-12) ROLL & HONEY

BISCUITS & GRAVY **17**
HASH BROWN PATTY
RED PEPPER STRIPS
SWEET PLUMS, MILK
(6-12) Sausage patty

MINI MEAT BALL SUB **18**
RANCH POTATOES
GARDEN SALAD
BANANA
MILK

WHITE CHICKEN CHILI **19**
CORN BREAD
CHERRY TOMATOES
CUCUMBER SLICES
DICED PEACHES, MILK

CHEESE PIZZA **20**
TOSSED SALAD
BROCCOLI FLORETS
PINEAPPLE TIDBITS
MILK

THANKSGIVING DINNER **21**
TURKEY, Potatoes & Gravy
Green Bean Casserole,
Baby Carrots, Tropical Fruit
Pumpkin Cake, Milk

CHICKEN FAJITA **24**
LETTUCE & TOMATO
SALSA, CORN
TORTILLA CHIPS
APPLE QUARTERS, MILK

CORN DOG **25**
BAKED BEANS
TRI TATER
FRUIT COCKTAIL
SNICKERDOODLE, MILK

NO SCHOOL TODAY **26**
NATIONAL GAME AND
PUZZLE WEEK!

HAPPY THANKSGIVING **27**
NO SCHOOL TODAY

NO SCHOOL TODAY **28**