



ASHLEY, LIGHTHOUSE, LOTTIE,
NALDRETT, SUGARBUSH, MACDONALD
& MACONCE ELEMENTARY MENU

November 2009



Monday

Tuesday

Wednesday

Thursday

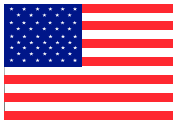
Friday

LUNCH

PAID: \$2.00
REDUCED: \$.40

MILK IS
AVAILABLE
EVERYDAY
TO
PURCHASE
FOR \$.35

2
#1 GARFIELD PEPPERONI PIZZA
BUNCH OF GRAPES
100% FRUIT JUICE
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

3
ELECTION DAY

NO SCHOOL

4
#1 MINI CORN DOGS
CRUNCHY CELERY &
CARROTS W / DIP
100% FRUIT JUICE
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD
#4 SUBMARINE
FREE FUN SNACK

5
#1 TYSON POPCORN CHICKEN
TATOR TOTS
VEGETABLE
ASSORTED BREADS
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

6
#1 COMBO BOSCO STICKS
W / SAUCE
FRESH ORANGE
100% FRUIT JUICE
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

9
#1 THICK CRUST PEPPERONI PIZZA
FRUITY PUSHP
FRESH FRUIT
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

10
LUCKY TRAY DAY
#1 CHICKEN PATTY ON A BUN
CARROTS
FRUIT
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

11
#1 ALL AMERICAN CHEESEBURGER ON A BUN
STARZ POTATOES
FRUIT
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD
#4 SUBMARINE
FREE RED WHITE & BLUE TREAT

Veteran's Day

12
#1 TYSON CHICKEN TENDERS
MASHED POTATOES
W / GRAVY
FRUITY CUTIE PIE
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

13
#1 NACHO & CHEESE SUNFLOWER SEEDS
OR CHEESE STICK
VEGETABLE
FRUITY JELLO
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

16
#1 TWISTED CHEESY BREAD STICKS
W / DIPPING SAUCE
VEGETABLE
FRESH FRUIT
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

17
#1 SOFT TACO NACHO CHIPS
LETTUCE CUP
100% FRUIT JUICE
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD
FREE FRUIT SNACK

18
LUCKY TRAY DAY
#1 ROAST TURKEY MASHED POTATOES
W / GRAVY
APPLESAUCE CUP
VARIETY BREAD
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD
#4 SUBMARINE

19
#1 TYSON POPCORN CHICKEN
TATER TOTS
VEGETABLE
ROLL
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

20
½ DAY SCHOOL
PARENT/TEACHER CONFERENCES

23
#1 FRENCH TOAST STICKS
W / DIPPING SAUCE
SAUSAGE
FRESH ORANGE
RAISINS
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

24
#1 CHICKEN NUGGETS
MASHED POTATOES
APPLESAUCE
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

FREE SNACK WITH EVERY LUNCH

25


26

27

30
#1 THICK CRUST PEPPERONI PIZZA
BUNCH OF GRAPES
FRUIT CUP
MILK
#2 YOGURT LUNCH
#3 SHAKER SALAD

Guess What?
On November 26, 1789, President George Washington proclaimed the first national Thanksgiving Day in the United States.



Happy November! Here are tips from Paws to stay healthy
Eat breakfast, lunch and dinner to give you energy
Keep fit with activity every day
Drink water often
Get a good night's sleep
Remember to Wash Your Hands Regularly!

WEEKLY AVERAGE NUTRITION

WEEK #1
Calories = 841
Fat = 31.1
Total Fat from Calories = 30

WEEK #2
Calories = 759
Fat = 22.9
Total Fat from Calories = 27

WEEK #3
Calories = 760
Fat = 26.2
Total Fat from Calories = 29.9

WEEK #4
Calories = 734
Fat = 22.9
Total Fat from Calories = 28

WEEK #4
Calories = 802
Fat = 17.6
Total Fat from Calories = 19.8

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MENU SUBJECT TO CHANGE

YOGURT LUNCH & SHAKER SALADS AVAILABLE EVERYDAY!

Monday – Veggie Shaker
Tuesday – Turkey Shaker
Wednesday – Taco Shaker
Thursday – Chicken Shaker
Friday – Ham Shaker

**YOGURT LUNCH INCLUDES:
YOGURT CUPS,
ROLD GOLD PRETZELS
FRUIT/VEG & MILK**

