



GREAT OAKS 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
RED, WHITE & BLUE SHERBET MILK
#2 DOMINIC'S PIZZA
#3 YOGURT LUNCH
#4 SHAKER SALAD

ELECTION DAY 3



NO SCHOOL

4

#1 MINI CORN DOGS
POTATOES
FRUIT MILK
#2 HOT DOG ON A BUN
#3 YOGURT LUNCH
#4 SHAKER SALAD
FREE FUN SNACK

5

#1 TYSON POPCORN CHICKEN
RICE
VEGETABLE
FRUIT MILK
#3 YOGURT LUNCH
#4 SHAKER SALAD

6

#1 COMBO BOSCO STICKS
W / SAUCE
FRESH ORANGE
FRUIT JUICE
MILK
#3 YOGURT LUNCH
#4 SHAKER SALAD

NEW

9

#1 THICK CRUST PEPPERONI PIZZA
FRUITY PUSHUP
VEGETABLE
MILK
#2 BIG DADDY PIZZA
#3 YOGURT LUNCH
#4 SHAKER SALAD

10

#1 CHICKEN PATTY ON A BUN
TATOR TOTS
FRUIT MILK
#2 CHEESEBURGER ON A BUN
#3 YOGURT LUNCH
#4 SHAKER SALAD

11

#1 HOT CHEESE POCKET
W / SOUP
FRUITY FROZEN TREAT
VEGETABLE
MILK
#3 YOGURT LUNCH
#4 SHAKER SALAD

12

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

13

#1 NACHO & CHEESE
SUNFLOWER SEEDS
FRUIT AND VEGETABLE
MILK
#2 NACHO SUPREME
#3 YOGURT LUNCH
#4 SHAKER SALAD

16

#1 TWISTED CHEESY BREAD STICKS
W / DIPPING SAUCE
VEGETABLE
FRUIT JUICE
MILK
#2 BIG DADDY PIZZA
#3 YOGURT LUNCH
#4 SHAKER SALAD

"LUCKY TRAY" 17

#1 ROAST CHICKEN
MASHED POTATOES
W / GRAVY
CORN
WHEAT BREAD
MILK
#2 DOMINIC PIZZA
#3 YOGURT LUNCH
#4 SHAKER SALAD

18

#1 MACARONI & CHEESE
GARLIC BREAD
LETTUCE CUP
100% FRUIT JUICE
MILK
#2 CHEF BOYARDEE RAVIOLI
#3 YOGURT LUNCH
#4 SHAKER SALAD


19

#1 TYSON POPCORN CHICKEN
TATER TOTS
VEGETABLE
VARIETY BREADS
MILK
#3 YOGURT LUNCH
#4 SHAKER SALAD

20

1 / 2 DAY OF SCHOOL

PARENT / TEACHER
CONFERENCES



23

#1 FRENCH TOAST STICKS
W / EGGS
FRESH FRUIT
RAISINS
ORANGE JUICE
MILK
#2 FRENCH TOAST
W / SAUSAGE
#3 YOGURT LUNCH
#4 SHAKER SALAD

24

#1 CHICKEN RINGS
RICE
APPLESAUCE
100% FRUIT JUICE
MILK
#3 YOGURT LUNCH
#4 SHAKER SALAD
FREE: SNACK WITH EVERY
LUNCH

25



26

27

30

#1 THICK CRUST PEPPERONI PIZZA
FRUITY PUSHUP
FRUIT CUP
MILK
#2 BIG DADDY PIZZA
#3 YOGURT LUNCH
#4 SHAKER SALAD

Guess What?

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

Great Oaks November Contest: Buy a lunch and enter to win a Prize!

Great Oaks Kid's Recipe Corner

Frozen Yogurt Popsicles

Ingredients:
1 8-oz. container flavor of yogurt
Utensils:
3 small paper cups
Wooden Popsicle sticks (available in craft stores)
Plastic wrap
Directions:
Pour yogurt into paper cups. Fill them almost to the top.
Stretch a small piece of plastic wrap across the top of each cup.
Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup. Put the cups in the freezer until the yogurt is frozen solid.
Remove the plastic wrap, peel away the paper cup, and eat your pop!
Serving size: 1 pop
Nutritional analysis (per serving):
127 calories ; 5 g protein; 2 g fat;
21 g carbohydrate; 7 mg cholesterol
73 mg sodium; 262 mg calcium
Note: Nutritional analysis may vary depending on ingredient brands used.
Variations and suggestions:
For a cool-looking snack, fill your cups only halfway with one flavor of yogurt in Step 1. Follow Steps 2, 3, and 4. Remove your pops from the freezer, take off the plastic wrap, and spoon in another flavor of yogurt that's a different color. Put the plastic wrap back on and freeze once more. When your pops are frozen, you'll have two-colored treats!
Reviewed by: *Allison Brinkley, RD, LD/N*

YOGURT LUNCH & SHAKER SALADS AVAILABLE EVERYDAY!

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

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MENU SUBJECT TO CHANGE

HAPPY THANKSGIVING!