

# November 2009



**Nutrition Services**

## Special Program Schools Breakfast and Lunch Menu

[www.usd259.com/parents/nutritionservices](http://www.usd259.com/parents/nutritionservices)

Breakfast - Select at least 3 of the 4 items			Lunch - Select 1 entrée and at least 1 choice item.	
November 2	November 3	November 4	November 5	November 6
<b>Breakfast</b> *Granola Bar Whole Orange *Assorted Cereal Milk	<b>Breakfast</b> *Banana Bread and Apple Slices *Assorted Cereal Fruit Blend Juice Milk	<b>Breakfast</b> Griddle Cakes with ~Sausage *Assorted Cereal Apple Juice Milk	<b>Breakfast</b> *Glazed Donut and Large Banana *Assorted Cereal Orange Juice Milk	<b>Breakfast</b> *Breakfast Bun String Cheese *Assorted Cereal Milk
<b>Lunch</b> Hamburger on Wheat Bun Red Grapes *Nacho Doritos  CHOICES ARE: Whole Kernel Corn, Pear Slices, Milk	<b>Lunch</b> Soft Taco with Lettuce & Cheese *Tortilla Chips *Alphabet Cookies  CHOICES ARE: Vegetable Medley, Mixed Fruit, Milk	<b>Lunch</b> #Delivery Pizza Applesauce Animal Crackers  CHOICES ARE: Garden Salad, Peach Slices, Milk	<b>Lunch</b> Steak Fingers Large Banana Texas Toast Oatmeal Crème Cookie  CHOICES ARE: Mashed Potatoes & Gravy, Tropical Fruit, Milk	<b>Lunch</b> ^Macaroni & Cheese Green Beans Wheat Roll  CHOICES ARE: Fresh Broccoli, Apple Slices, Milk
November 9	November 10	November 11	November 12	November 13
<b>Breakfast</b> *Strawberry Toaster Pastry *Assorted Cereal Apple Juice Milk	<b>Breakfast</b> ~Sausage Biscuit Apple Slices *Assorted Cereal Milk	<b>Veterans Day Holiday</b>	<b>Breakfast</b> *Blueberry Bread and Whole Orange *Assorted Cereal Fruit Blend Juice Milk	<b>Breakfast</b> Strawberry Bar and String Cheese *Assorted Cereal Orange Juice Milk
<b>Lunch</b> Grilled Chicken on Wheat Bun Garden Salad *Salsa Sun Chips *Strawberry Grahams CHOICES ARE: Peas & Carrots, Rosy Applesauce, Milk	<b>Lunch</b> Meatloaf Peach Slices *Wheat Bread Slice *Tropical Grahams  CHOICES ARE: Mashed Potatoes & Gravy, Red Grapes, Milk		<b>Lunch</b> ^*Cheese Nachos Apricot Discs *Apple Cinnamon Bar  CHOICES ARE: Whole Kernel Corn, Fresh Baby Carrots, Milk	<b>Lunch</b> ^Cheese Breadsticks Marinara Sauce Vegetable Medley Chocolate Chip Cookie  CHOICES ARE: Garden Salad, Orange Wedges, Milk
November 16	November 17	November 18	November 19	November 20
<b>Breakfast</b> *Granola Bar Whole Orange *Assorted Cereal Milk	<b>Breakfast</b> *Banana Bread and Apple Slices *Assorted Cereal Fruit Blend Juice Milk	<b>Breakfast</b> Griddle Cakes with ~Sausage *Assorted Cereal Apple Juice Milk	<b>Breakfast</b> *Glazed Donut and Large Banana *Assorted Cereal Orange Juice Milk	<b>Breakfast</b> *Breakfast Bun String Cheese *Assorted Cereal Milk
<b>Lunch</b> Pizza Pocket Apricot Discs Fish Cracker *Blueberry Bread  CHOICES ARE: Fresh Baby Carrot, Peach Slices, Milk	<b>Lunch</b> Steak Fingers Garden Salad *Wheat Bread Slice Oatmeal Crème Cookie  CHOICES ARE: Diced Potatoes, Mixed Fruit, Milk	<b>Lunch</b> #Delivery Pizza Applesauce *Apple Cinnamon Graham  CHOICES ARE: Fresh Broccoli, Pear Slices, Milk	<b>Lunch</b> Chicken Ranch Wrap Oatmeal Chocolate Chip Cookie  CHOICES ARE: Green Peas, Apple Slices, Milk	<b>Lunch</b> ~Little Smokies Large Banana Texas Toast Fruit Snacks  CHOICES ARE: Green Beans, Tropical Fruit, Milk

^\*Peanut Butter and Jelly Sandwich is a daily lunch entrée choice.

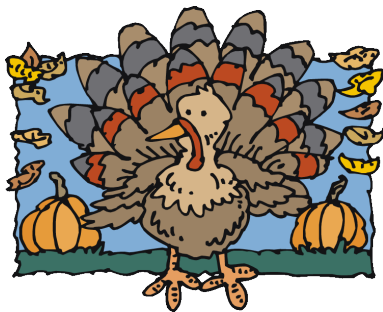
A Chef Salad with a cookie and milk is an alternative lunch meal choice.

\*Whole Grain ^Vegetarian ~Pork

#Variety of toppings - including pork and vegetarian

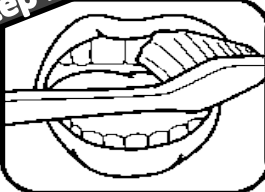
Menu Subject to Change.

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November 23	November 24	November 25	November 26	November 27
<b>Breakfast</b> *Strawberry Toaster Pastry *Assorted Cereal Apple Juice Milk  <b>Lunch</b> Beef & Bean Burrito *Chips & Salsa Brownie  CHOICES ARE: Garden Salad, Apricot Discs, Milk	<b>Breakfast</b> *Blueberry Bread and Whole Orange *Assorted Cereal Fruit Blend Juice Milk  <b>Lunch</b> Hot Sliced Turkey Green Beans Texas Toast Holiday Treat  CHOICES ARE: Mashed Potatoes & Gravy, Orange Wedges, Milk	<b>Conference Release Day</b>	<b>Fall Recess</b>	<b>Fall Recess</b>
<b>November 30</b>  <b>Breakfast</b> *Breakfast Bun String Cheese *Assorted Cereal Milk  <b>Lunch</b> *Corn Dog String Cheese *Salsa Sun Chips Animal Crackers  CHOICES ARE: Fresh Baby Carrots, Pear Slices, Milk	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Meal Prices</b> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <b>Breakfast</b>            Elementary - \$1.15            Middle - \$1.25            High - \$1.35            Reduced Price - \$.30         </div> <div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <b>Lunch</b>            Elementary - \$1.90            Middle - \$2.05            High - \$2.20            Reduced Price - \$.40         </div> <div style="border: 1px solid black; padding: 10px; text-align: center; background-color: #f0f0f0;"> <b>Prepay for School Meals</b>  <b>ONLINE</b>  <b>or by TELEPHONE</b>   <a href="http://www.mealpayplus.com">www.mealpayplus.com</a>            1-866-736-9007         </div> <div style="text-align: center;">  </div> </div>			

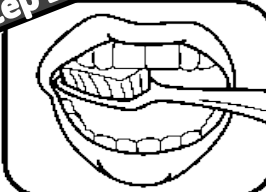
## Brush the Right Way, Twice a Day for a Beautiful Smile!

**Step 1**



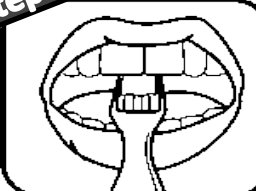
Place the toothbrush at a 45-degree angle to the gums

**Step 2**



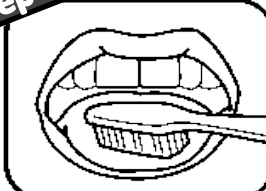
Move the brush back and forth gently in short strokes. Brush chewing surfaces of all teeth.

**Step 3**



To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

**Step 4**



Brush your tongue to remove bacteria and keep your breath fresh.