

NOVEMBER 2003 MENUS

FUNTASTIC NEWS

School lunch - balanced nutrition, reasonably priced

Where can you get a balanced meal at a reasonable price? You probably can't go out to eat for under \$3.00, but your child can. It's as close as the school cafeteria. No, not the old cafeteria that you remember from when you were in school, or the one spoofed on TV too many times. The new cafeteria. Your child's school cafeteria. The one operating under federal school nutrition guidelines. The one offering more choices than ever. The one treating students like the customers they are.

It's true. A 1998 survey conducted by the American School Food Service Association (ASFSa) showed that the price for school lunch is just a fraction of the price of lunch at fast-food restaurants. "The school meal programs have always been a great value in terms of the overall cost and the nutrition they provide," states Martha Hill, 1998-99 President of ASFSa. "And today's programs are offering even more to students, catering to their tastes and other senses with inventive new food items and innovative atmospheres. They make eating healthy and fun."

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Breakfast:</u> Pop Tart or Cereal <u>Lunch:</u> Chicken Nuggets, Curly Fries, Broccoli w/Cheese, Roll	4 <u>Breakfast:</u> Cinnamon Roll <u>Lunch:</u> *Soft Shell Tacos, Juice, Corn, Cinnamon Churro	5 Senior Citizens Lunch Day <u>Breakfast:</u> Egg Burrito <u>Lunch:</u> Chicken & Gravy, Mashed Potatoes, Green Beans, Cranberries, Roll	6 <u>Breakfast:</u> Pancakes & *Sausage <u>Lunch:</u> SACK LUNCH: *Sandwich, Apple, Carrots, Yogurt	7 <u>Breakfast:</u> Donut Day <u>Lunch:</u> *Pizza, Garden Salad, Applesauce MS/HS: Stromboli
10 <u>Breakfast:</u> Stuffed Graham Crackers, Yogurt <u>Lunch:</u> Cheeseburger, Potato Wedges, Fruit Cocktail, Cookie	11 <u>Breakfast:</u> Waffles <u>Lunch:</u> Sloppy Joe, Cauliflower w/Cheese, Orange Wedges, Cookie	12 <u>Breakfast:</u> Cheese Bagel <u>Lunch:</u> *Mini Corn Dogs, Mixed Vegetables, Peaches, Roll	13 <u>Breakfast:</u> French Toast <u>Lunch:</u> *Nachos w/Meat and Cheese, Corn, Red Grapes	14 <u>Breakfast:</u> Scrambled Eggs & Biscuit <u>Lunch:</u> Macaroni & Cheese, Green Beans, Pears, Yogurt
17 <u>Breakfast:</u> Egg Burrito <u>Lunch:</u> Hot Dog, Cauliflower, Fritos, Peaches	18 <u>Breakfast:</u> Cinnamon Roll <u>Lunch:</u> Chickenburger, Tater Tots, Peas and Carrots, Pears	19 Senior Citizens Lunch Day <u>Breakfast:</u> Peanut Butter & Jelly Saucer <u>Lunch:</u> French Toast, Hash Browns, Egg, Pineapple	20 <u>Breakfast:</u> Cinnamon Oatmeal <u>Lunch:</u> *B.B.Q. Meatballs, Rice Pilaf, Fruit Jello, Broccoli w/Cheese, Roll	21 <u>Breakfast:</u> Pancakes & *Sausage <u>Lunch:</u> *Pizza, Garden Salad, Applesauce MS/HS: Stromboli
24 <u>Breakfast:</u> Pop Tart or Cereal <u>Lunch:</u> *Mini Corn Dogs, Mixed Vegetables, Peaches, Roll	25 <u>Breakfast:</u> Donut Day <u>Lunch:</u> Special Menu to be Announced	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
Lunch menu includes assorted fresh vegetables with dip and fresh fruit.				
All meals include choice of milk.		*Item may contain pork.		Breakfast menu includes juice or fruit.
MENU SUBJECT TO CHANGE WITHOUT NOTICE.				

Time Saving Tip



Instead of facing the mad scramble to pack lunches for school, have your kids eat school lunch every day! It's a great value nutritionally and economically!



Web Surfers

Love computer games? Check out www.exhibits.pacsci.org and play three different games, all related to nutrition. School food service recipes scaled down for home use can be found on the ASFSa website (www.asfsa.org).

This Month's Activities

- Discuss the things your family is thankful for.
- Cook together as a family.

Funtastic News articles provided by the National Dairy Council