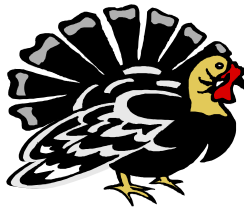


**DIRECTOR
OF DINING SERVICES**
Jon Hackett



George G. Blaisdell ELEMENTARY LUNCH MENU NOVEMBER 2009



LUNCH PRICES

STUDENT PAID \$1.35
STUDENT REDUCED \$0.40
ADULT \$3.00

For the meal deal price above you must select 1 entrée and may select 1 fruit or 1 juice and up to 2 additional sides. You may also select 1 milk. A full meal consists of 1 entrée plus 2 other items.

Choice of Milk

Skim, 1% and 1% Chocolate

**MENU SUBJECT TO
CHANGE!**

NEW THIS MONTH!

**THANKSGIVING
MEAL**

**NEW ITEM NEXT
MONTH!**

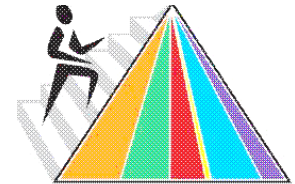
**HOLIDAY
MEAL**

**THIS MONTH
COMMISSIONER
NUTRITION
INVESTIGATES—
"PILGRIM CORN"**



Monday	Tuesday	Wednesday	Thursday	Friday
2 Day 2 ENTREES: <u>Toasted Cheese Sandwich</u> -OR- <u>Ham & Cheese Sandwich</u> FEATURED SIDES: Tomato Soup, Mandarin Oranges, Macaroni Salad	3 Day 3 ENTREES: <u>Chicken Nuggets</u> -OR- <u>Bologna & Cheese Sandwich</u> FEATURED SIDES: Garden Salad w/Dressing, Fruit Mix, Seasoned Rice	4 Day 4 ENTREES: <u>Pepperoni Pizza</u> -OR- <u>Egg Salad Sandwich</u> FEATURED SIDES: Steamed Green Beans, Chilled Peas, Graham Crackers	5 Day 5 ENTREES: <u>Soft-Shell Taco</u> -OR- <u>Italian Wrap Sandwich</u> FEATURED SIDES: Lettuce & Tomato Topping, Applesauce, Pasta Salad	6 Day 1 ENTREES: <u>Turkey & Gravy</u> -OR- <u>Turkey & Cheese Sandwich</u> FEATURED SIDES: Steamed Peas, Chilled Peaches, Mashed Potatoes
9 Day 2 ENTREES: <u>Pancakes w/Syrup</u> -OR- <u>Turkey Salad Sandwich</u> FEATURED SIDES: Sausage Patty, Applesauce, Teddy Grahams	10 Day 3 ENTREES: <u>Hot Dog on Bun</u> -OR- <u>Chicken Caesar Wrap</u> FEATURED SIDES: Golden Corn, Chilled Juice, Oven Fries	11 Day 4 ENTREES: <u>White Pizza</u> -OR- <u>Turkey & Cheese Sandwich</u> FEATURED SIDES: Vegetable Mix, Fresh Orange Sections, Pretzel Twists	12 Day 5 ENTREES: <u>Chicken Patty Sandwich</u> -OR- <u>Italian Sub</u> FEATURED SIDES: Garden Peas, Pineapple, Sweet Potatoes	13 Day 1 ENTREES: <u>Pizza Sticks w/Sauce</u> -OR- <u>Ham & Cheese Sandwich</u> FEATURED SIDES: Fresh Baby Carrots, Gelatin, Pasta w/Sauce
16 Day 2 ENTREES: <u>Popcorn Chicken</u> -OR- <u>Italian Sub</u> FEATURED SIDES: Golden Corn, Wheat Roll, Mandarin Oranges	17 Day 3 ENTREES: <u>Hot Dog on a Bun</u> -OR- <u>Ham & Cheese Sandwich</u> FEATURED SIDES: Steamed Carrots, Fresh Apple, Macaroni Salad	18 Day 4 ENTREES: <u>Meatball Sub</u> -OR- <u>Bologna & Cheese Sandwich</u> FEATURED SIDES: Peas, Chilled Pineapple, Oven Fries	19 Day 5 THANKSGIVING MEAL Roast Turkey with Gravy FEATURED SIDES: Green Beans, Cranberry Sauce, Stuffing, Dinner Roll, Holiday Treat	20 Day 1 ENTREES: <u>Hamburger or Cheeseburger</u> -OR- <u>Assorted Meat Sub</u> FEATURED SIDES: Mixed Veggies, Fresh Orange Sections, Pasta Salad
23 Day 2 ENTREES: <u>Sloppy Joe</u> -OR- <u>Turkey & Cheese Sandwich</u> FEATURED SIDES: Steamed Broccoli, Applesauce, Tiny Whole Potatoes	24 Day 3 ENTREES: <u>Chicken Nuggets</u> -OR- <u>Italian Sub</u> FEATURED SIDES: Garden Corn, Chilled Peaches, Dinner Roll	25 THANKSGIVING RECESS SCHOOLS CLOSED	26 THANKSGIVING HOLIDAY SCHOOLS CLOSED	27 THANKSGIVING RECESS SCHOOLS CLOSED
30 THANKSGIVING RECESS SCHOOLS CLOSED				

**Nutritious Definition
of the Month :**
Complex Carbohydrates:
A good source of energy found in grains, pasta, rice, vegetables, breads and legumes



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Fruit Choice May Include:

Apple, Orange, Banana, Pear, Cantaloupe, Honeydew, Watermelon, Applesauce, Peach, Fruit Cocktail, Pineapple, Fruited Gelatin, or Fruit Juice

Veggie Choice May Include:

Tossed Salad, Corn, Cole Slaw, Carrots, Celery, Green Beans, Broccoli, Peas, Mixed Vegetables or Cauliflower

ALTERNATE ENTREES

P/B & J Sandwich
Wrap Sandwich of the Week

Salads

Week 1: Pepperoni
Week 2: Chicken Citrus
Week 3: Chef
Week 4: Chicken Caesar
Week 5: Cheesy Popeye

**Metz
& Associates Ltd.**