

Menus for November 2019

BOOKER T WASHINGTON

This institution is an equal opportunity provider. Menus are subject to change.



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NUTS.

White-tailed deer live in most of the U.S., and if they're in your neck of the woods, you know that they'll eat just about anything! But they have one particular favorite food: **ACORNS**. These nuts from oak trees provide deer with a perfect package of protein, carbohydrates, calories, and fiber. Deer like them so much that acorns can make up 75% of everything they eat in fall and early winter!

ANIMAL APPETITES

Make the healthy, economical choice!

All of our complete meals are always

NO CHARGE for all students

with no need to submit an application, thanks to the Community Eligibility Program!

NUTRITION TO GO

Where's the fat hiding in a Thanksgiving meal? A cup of stuffing contains 18g of fat, 4g of saturated fat. That's a third of the recommended daily maximum for both, and some of us eat two or three cups! Surprisingly, a cup of gravy contains only 3-5 grams of fat. Stuffing is fine for special meals, but try not to overdo it, even at Thanksgiving!

A QUICK BITE FOR PARENTS

Friday, November 1

BREAKFAST

2oz RS Cinnamon Toast Crunch
Unsweetened Strawberry Applesauce
100% Juice
Milk

LUNCH

Cheeseburger on WG Bun
Baked Beans
Pineapple
Skim or 1% Low Fat Milk



What are the farmers in this picture harvesting?



Cranberries! The popular holiday treat is grown in cool parts of the country in wetland areas known as "bogs." At harvest time, farmers flood the bogs and then wade into the water to corral the delicious berries!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 4

BREAKFAST

RS Trix
Grahams
Unsweetened Applesauce
100% Juice
Milk

LUNCH

WG Chicken Tenders
WG Biscuit
Sweet Potatoes
Fresh Fruit
Skim or 1% Low Fat Milk

Tuesday, November 5

NO SCHOOL

Wed., November 6

BREAKFAST

GM Cereal Bar
Sunflower Kernels
Fresh Fruit
100% Juice
Milk

LUNCH

WG Baked Ziti
Tossed Salad
Fresh Fruit
Skim or 1% Low Fat Milk

Thurs., November 7

BREAKFAST

2 oz RS Cinnamon Toast Crunch
Raisins
100% Juice
Milk

LUNCH

BBQ Beef Rib on WG Bun
Baked Beans
Mixed Fruit
Skim or 1% Low Fat Milk

Friday, November 8

BREAKFAST

Banana Muffin
Cheese Stick
Unsweetened Cinnamon Applesauce
100% Juice
Milk

LUNCH

WG American Chop Suey
Corn
Pears
Skim or 1% Low Fat Milk

STRANGE BUT TRUE!

LOTS OF OTHER ANIMALS BESIDES DEER LOVE ACORNS. BUT IF ALL THE ACORNS GET EATEN, WHERE WILL NEW OAK TREES COME FROM? DON'T WORRY -- **THE OAK TREES HAVE A PLAN!** MOST YEARS, THE TREES PRODUCE A FAIRLY SMALL CROP OF ACORNS, WHICH MEANS THE ACORN-EATERS WILL HAVE LESS FOOD TO GO AROUND AND FEWER OFFSPRING. THEN, THE TREES WILL HAVE **WHAT'S KNOWN AS A "MAST" YEAR,** WHEN THEY PRODUCE HUGE NUMBERS OF ACORNS - FAR MORE THEN THE SMALLER POPULATION OF ACORN-LOVERS CAN EAT, SO MORE ACORNS **HAVE A CHANCE TO BECOME SEEDLINGS AND MATURE OAKS!**



Monday, Nov. 11



Tuesday, Nov. 12

BREAKFAST

RS Frosted Flakes
Cheese Stick
Pineapple Tid Bits
100% Juice
Milk

LUNCH

WG Chicken Parm w/Pasta
Tossed Salad
Peaches
Skim or 1% Low Fat Milk

Wednesday, Nov. 13

BREAKFAST

Chocolate Mini Wheats
Grahams
Fresh Fruit
100% Juice
Milk

LUNCH

Salisbury Steak w/Gravy
WG Bread Slice
Mashed Potatoes
Fresh Fruit
Skim or 1% Low Fat Milk

Thursday, Nov. 14

BREAKFAST

Strawberry Yogurt
Gavin's Granola
Pears
100% Juice
Milk

LUNCH

Chicken Teriyaki Dippers
WG Vegetable Fried Rice
Beet Salad
Pineapple
Skim or 1% Low Fat Milk

Friday, Nov. 15

BREAKFAST

RS Cinnamon Frosted Flakes
Grahams
Raisins
100% Juice
Milk

LUNCH

WG Saucy Meatball Sub
Broccoli
Fresh Fruit
Skim or 1% Low Fat Milk

Monday, Nov. 18

BREAKFAST

Blueberry Muffin
Sunflower Kernels
Unsweetened Cinnamon
Applesauce
100% Juice
Milk

LUNCH

WG Cheese Ravioli
Carrots
Fresh Fruit
Skim or 1% Low Fat Milk

Tuesday, Nov. 19

BREAKFAST

2 oz RS Cinnamon Toast
Crunch
Unsweetened Applesauce
100% Juice
Milk

LUNCH

Swedish Meatballs w/Gravy
WG Pasta
Tossed Salad
Fresh Fruit
Skim or 1% Low Fat Milk

Wednesday, Nov. 20

BREAKFAST

RS Frosted Flakes
Grahams
Fresh Fruit
100% Juice
Milk

LUNCH

Cheeseburger on WG Bun
Tater Tots
Pears
Skim or 1% Low Fat Milk

Thurs., Nov. 21

BREAKFAST

Bagel w/Grape Jelly
Sunbutter Cup
Mixed Fruit
100% Juice
Milk

LUNCH

BBQ Grilled Chicken
WG Brown Rice
Seasoned Beans
Fresh Fruit
Skim or 1% Low Fat Milk

Wednesday, Nov. 22

BREAKFAST

RS Trix
Cheese Stick
Unsweetened Strawberry
Applesauce
100% Juice
Milk

LUNCH

Turkey w/Gravy
WG Dinner Roll
Corn
Applesauce
Skim or 1% Low Fat Milk

Monday, Nov. 25

BREAKFAST

Apple Nutri-Grain Bar
Cheese Stick
Raisins
100% Juice
Milk

LUNCH

WG Beef Taco on Soft Tortilla
Fiesta Corn
Pineapple
Skim or 1% Low Fat Milk

Tuesday, Nov. 26

BREAKFAST

RS Cinnamon Frosted flakes
Hard-boiled Egg
Unsweetened Applesauce
100% Juice
Milk

LUNCH

Turkey w/Gravy
WG Bread Slice
Sweet Potatoes
Fresh Fruit
Skim or 1% Low Fat Milk

Wednesday, Nov. 27

BREAKFAST

Honey Scooters
Grahams
Unsweetened Cinnamon
Applesauce
100% Juice
Milk

LUNCH

Grilled Chicken w/Gravy
WG Dinner Roll
Green Beans
Peaches
Skim or 1% Low Fat Milk

Thanks
giving

ENJOY YOUR HOLIDAY!
SEE YOU MONDAY!