

HS Menus for November 2019

New Haven Public Schools

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

NUTS.



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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

Featured Specials of the Day

Monday, November 4

****Black Bean Burger on Bun**
OR
****Veggie Pinwheel**
Sweet Potato Fries

Tuesday, November 5

NO SCHOOL

Wednesday, November 6

Roasted Chicken Wings, WG Dinner Roll
Seasoned Carrots

Thursday, November 7

Saucy Meatball Sub
Broccoli

Friday, November 8

****Homemade Pizza**
Mixed Veggies

⇒ All of our grain items are Whole Grain

⇒ Items marked with (**) are Vegetarian

PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's easier to do with a partner, and it's easier still with an entire family -- YOURS! Thanksgiving weekend is the perfect time to start. And let the little kids play, too!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Available Daily

Choice of 1 Milk
1% or Skim

May Take 2 to Complete Meal
Fresh Fruit
Fruit Cup

Available Daily
Salad Bar

Daily Alternate Entrees
****Yogurt Plate**
****Pretzel Plate**
****Salad Plate**
****Hummus Plate**
Deli Bar
****Sun Butter & Jelly Sandwich**

All entrees include choice of vegetables, fruits, and milk



Please
Join us for our
Thanksgiving Feast

**Friday,
November 22**

Featured Specials of the Day

Monday, November 18

**Veggie Sausage Patty, Egg, and Cheese on Bun
OR
Chicken Sausage Patty, Egg, and Cheese on a Bun
Roasted Potatoes

Tuesday, November 19

Pasta & Meat Sauce, Garlic Bread
Broccoli

Wednesday, November 20

Chef's Choice

Thursday, November 21

**Homemade Pizza
Green Beans

Friday, November 22

Roasted Turkey, Gravy, Dinner Roll, Mashed Potatoes
Corn

Featured Specials of the Day

Monday, November 25

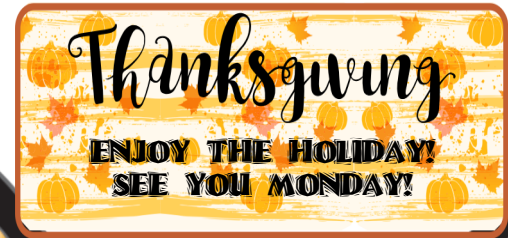
**Black Bean Burger on Bun
OR
Top Your Own Hamburger on Bun
Seasoned Black Beans

Tuesday, November 26

BBQ Beef Rib Patty on WG Bun,
Sweet Potato Wedges

Wednesday, November 27

**Homemade Pizza
Mixed Veggies



Featured Specials of the Day

Monday, November 11

NO SCHOOL: VETERAN'S DAY

Tuesday, November 12

BBQ OR Caprese Chicken Patty on Bun
Sweet Potato Fries

Wednesday, November 13

Top Your Own Hamburger on Bun
Corn

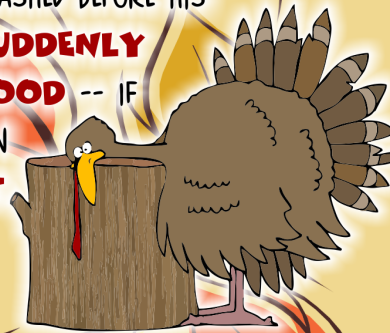
Thursday, November 14

Roasted Chicken, Dinner Roll
Collard Greens

Friday, November 15

**Homemade Pizza
Green Beans

AS HIS LIFE FLASHED BEFORE HIS EYES, TOM **SUDDENLY UNDERSTOOD** -- IF HE'D ONLY BEEN **JUST A BIT MORE CAREFUL** ABOUT HOW MUCH HE ATE, HE WOULDN'T BE IN THIS FIX.



NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

ROAST TURKEY W/GRAY
MASHED POTATOES, STEAMED BROCCOLI
CRANBERRY SAUCE
WHOLE WHEAT ROLL W/BUTTER
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 665
CALORIES FROM PROTEIN: 22%
CAL. FROM CARBOHYDRATES: 53%
CALORIES FROM FAT: 25%
GOAL: 30% OR LESS FAT CALORIES

eatfit wanna stay fit?
gotta eat right!

verdict: heed the horn

This time of year, you see a lot of images of what's called a "cornucopia," a.k.a. a "horn of plenty." Ever notice what it's **PLENTY** full of? Fruits and whole grains and nuts and veggies!

Just like your plate should be!

