

Menus for November 2019

ELM CITY MONTESSORI

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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

Rice Krispies
Fresh Fruit
Milk

LUNCH

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



What's on YOUR plate?

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!

Monday, November 4

BREAKFAST

Kix
Pears
Milk

LUNCH

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

Tuesday, November 5

BREAKFAST

Egg Patty
WW Toast
Fresh Fruit
Milk

LUNCH

Chicken Burger on WG Bun
Mixed Vegetables
Mandarin Oranges
Skim or 1% Low Fat Milk

Wed., November 6

BREAKFAST

Rice Krispies
Peaches
Milk

LUNCH

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

Thurs., November 7

BREAKFAST

French Toast Sticks
Applesauce
Milk

LUNCH

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

Friday, November 8

BREAKFAST

WG Mini Bagel
Cream Cheese
Orange Wedges
Milk

LUNCH

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

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

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
English Muffin
Orange Wedges
Milk

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

Wednesday, Nov. 13

BREAKFAST
Pancakes
Applesauce
Milk

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

Thursday, Nov. 14

BREAKFAST
Kix
Graham Crackers
Apples
Milk

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

Friday, Nov. 15

BREAKFAST
WG Mini Bagel
Cream Cheese
Mixed Fruit
Milk

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

Monday, Nov. 18

BREAKFAST
Cheerios
Pineapple
Milk

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

Tuesday, Nov. 19

BREAKFAST
Waffles
Applesauce
Milk

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

Wednesday, Nov. 20

BREAKFAST
Cereal
Graham Crackers
Peaches
Milk

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

Thurs., Nov. 21

BREAKFAST
Egg Patty
WG Bread Slice
Mixed Fruit
Milk

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

Wednesday, Nov. 22

BREAKFAST
Apple Muffin
Fresh Fruit
Milk

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

Monday, Nov. 25

BREAKFAST
Kix
Fresh Fruit
Milk

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

Tuesday, Nov. 26

BREAKFAST
French Toast Sticks
Pears
Milk

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

Wednesday, Nov. 27

BREAKFAST
WG Mini Bagel
Cream Cheese
Orange Wedges
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!