

# Prek Menu for November 2019

New Haven Public Schools

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

## AVAILABLE DAILY

- \*\*Yogurt Plate**
- \*\*Pretzel Plate**
- \*\*Salad Plate**
- \*\*Hummus Plate**
- Deli Sandwich**
- \*\*Sunbutter and Jelly Sandwich**

**Daily Special Varies:**  
(i.e. **\*\*Tuna Sandwich,**  
**\*\*Egg Salad Sandwich, etc.)**



- ⇒ All of our grain items are Whole Grain
- ⇒ Items marked with (\*\*) are Vegetarian

### Friday, November 1

**\*\*Homemade Pizza**

Choice of Two  
Seasoned Green Beans  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat



**What are the farmers in this picture harvesting?**

### Monday, November 4

**\*\*Toasted Cheese Sandwich**

Choice of Two  
Tomato Soup  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

### Tuesday, November 5

**NO SCHOOL**

### Wed., November 6

Teriyaki Chicken Strips, WG Dinner Roll

Choice of Two  
Seasoned Carrots  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

### Thurs., November 7

Saucy Meatball Sub

Choice of Two  
Seasoned Broccoli  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

### Friday, November 8

**\*\*Homemade Pizza**

Choice of Two  
Mixed Vegetables  
Fresh Fruit or Fruit  
Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



**KIDS!**  
Join us for our  
**Thanksgiving Feast**  
Friday,  
November 22

# 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

**BBQ Chicken Breast Patty on a Bun**

Choice of Two  
Sweet Potato Fries  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

Wednesday, Nov. 13

**Top Your Own Hamburger on a Bun**

Choice of Two  
Corn  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

Thursday, Nov. 14

**Chicken Chunks, Dinner Roll**

Choice of Two  
Broccoli  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

Friday, Nov. 15

**\*\*Homemade Pizza**

Choice of Two  
Seasoned Green Beans  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

Monday, Nov. 18

**\*\*French Toast Sticks, Yogurt**

Choice of Two  
Orange Juice  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

Tuesday, Nov. 19

**Pasta & Meat Sauce, Dinner Roll**

Choice of Two  
Broccoli  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

Wednesday, Nov. 20

**Chef's Choice**

Choice of Two  
Candied Carrots  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

Thurs., Nov. 21

**\*\*Homemade Pizza**

Choice of Two  
Seasoned Green Beans  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

Wednesday, Nov. 22

**Roast Turkey, Gravy, Mashed Potatoes, WG Dinner Roll**

Choice of Two  
Corn  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

Monday, Nov. 25

**Hamburger on Bun**

Choice of Two  
Seasoned Black Beans  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

Tuesday, Nov. 26

**BBQ Beef Rib on a Bun**

Choice of Two  
Sweet Potato Wedges  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

Wednesday, Nov. 27

**\*\*Homemade Pizza**

Choice of Two  
Mixed Vegetables  
Fresh Fruit or Fruit Cup  
Salad Bar

Choice of Milk  
Skim or 1% Low Fat

