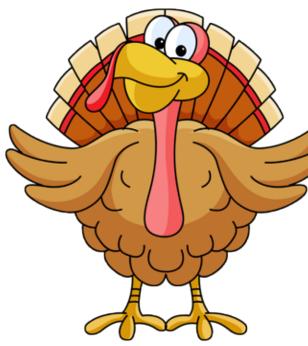


Gobble Gobble



Gobble up Good Nutrition with School Lunch

Available Daily for Lunch

- PB & J Sandwich w/Yogurt
- Chef Salad w/Crackers

Menus Subject to Change

This institution is an equal opportunity provider.





myschoolbucks.com

	Mon	Tues	Wed	Thurs	Fri
NOVEMBER	14	15	16	17	18
ELEMENTARY MENU	Scrambled Eggs & Toast or Cereal & Toast Fresh Fruit & Fruit Juice	Mini Waffles & Sryup or Cereal & Toast Fresh Fruit & Fruit Juice	Biscuit & Sausage Gravy or Cereal & Toast Fresh Fruit & Fruit Juice	Tornados & Toast or Cereal & Toast Fresh Fruit & Fruit Juice	Mini Donuts & Toast or Cereal & Toast Fresh Fruit & Fruit Juice
Pumpkin Facts:	Milk Mozzarella Bosco Breadsticks Tossed Salad Pears Milk	Milk Hamburger or Cheeseburger French Fries Cantaloupe Milk	Milk Mini Corn Dogs Broccoli & Cheese Sauce Apple Wedges Milk	Milk Thanksgiving Lunch Turkey Roast & Gravy Mashed Potatoes & Gravy Green Beans Hot Roll Pumpkin Pie Milk	Milk BBQ Rib Sandwich Buttered Corn Orange Wedges Milk
 Pumpkins are usually orange but can sometimes be yellow, white, green or red. 	21 Manager's Choice	22 Manager's Choice	23	24	25
 The name pumpkin comes from the Greek word 'pepon', meaning 'large melon'. Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes 	or Cereal & Toast Fresh Fruit & Fruit Juice Milk November 23-25th				
to cooking, they are often referred to as vegetables.	Manager's Choice Choice of Vegetable	Manager's Choice Choice of Vegetable		Je	
• They vary in weight but an average sized pumpkin might weigh around 13 pounds (6 kilograms).	Choice of Fruit Milk	Choice of Fruit Choc Marble Ice Cream Cup Milk			
• Giant pumpkins can be grown for competitions, with some weighing over 1000 pounds! (450 kilograms). In 2010, the world record was 1810 pounds! That's huge!!	28	29	30	Dec 1	2
• Pumpkin plants feature both male and female flowers, with bees typically being involved in pollination (the transfer of pollen).	Cereal Bar & Toast or Cereal & Toast	Cinnamon Swirl Coffee Cake or Cereal & Toast	Breakfast Sliders or Cereal & Toast Fresh Fruit & Fruit Juice	Pancake Sausage Stick or Cereal & Toast Fresh Fruit & Fruit Juice	Cinnamon Roll & Toast or Cereal & Toast Fresh Fruit & Fruit Juice
• Over 1 billion pounds (450 million kgs) of pumpkin are produced in the US every year.	Fresh Fruit & Fruit Juice Milk	Fresh Fruit & Fruit Juice Milk	Milk Brunch Lunch	Milk Taco Crunch	Milk Cheese or Pepperoni
Available Daily for Lunch PB & J Sandwich w/Yogurt Chef Salad w/Crackers Menus Subject to Change This institution is an equal opportunity provider.	Ravioli Garlic Toast Green Beans Applesauce Milk	Chicken Strips Mashed Potatoes & Gravy Grapes Milk	Mini Pancakes & Syrup Sausage Links Hashbrown Blueberries & Yogurt Milk	Shredded Lettuce & Cheese Salsa Refried Beans Fresh Fruit Salad Milk	Pizza Pizza Garden Salad Jello w/Fruit Milk