

Menus for November 2011

Blountstown Elementary School



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DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



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

★ OUR NATION'S HISTORY ★

On November 11, 1918 at the stroke of eleven o'clock a.m. -- the 11th hour of the 11th day of the 11th month -- the treaty that ended World War I was signed. But, in a way, the so-called "war to end all wars" only ended for us in 2011. Earlier this year, the last survivor among 5 million American veterans of that war, Frank W. Buckles, died at the age of 110. Mr. Buckles,



pictured above as a 17-year-old and, right, in a more recent photo, lied about his age to enlist at sixteen. He was



buried with full honors at Arlington National Cemetery near Washington, D.C. Please remember Mr. Buckles and all of our brave servicemen on Veteran's Day, November 11.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Tuesday, November 1

Breakfast
Waffle w/ Syrup
Sausage Patty OR
Assorted Cereal
Buttered Toast
Assorted Juice

Lunch
Beef Fritter Nuggets
Rice w/ Gravy
Turnip Greens
Cornbread
Mixed Fruit

Wednesday, November 2

Breakfast
Scrambled Eggs W/
Cheese Grits OR
Assorted Cereal
Buttered Toast
Assorted Juice

Lunch
Cheese Burger
Baked Potato Wedges
Diced Peaches

Thursday, November 3

Breakfast
Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal
Buttered Toast
Assorted Juice

Lunch
Beef Taco Pie
Corn on the Cob
Diced Peaches

Friday, November 4

Breakfast
W/W Pancakes w/ Syrup
Sausage Patty OR
Assorted Cereal
Buttered Toast
Assorted Juice

Lunch
Cheese Pizza
Garden Salad
Fresh Fruit
Home Baked Cookie

Monday, November 7

Breakfast
Sausage and Egg Biscuit
Potato Tots OR
Assorted Cereal
Buttered Toast
Assorted Juice

Lunch
Hot Dog
Mac and Cheese
Garden Peas
Flavored Apple Sauce

Tuesday, November 8

Breakfast
Scrambled Eggs w/
Cheese Grits OR
Assorted Cereal
Buttered Toast
Assorted Juice

Lunch
Beef Vegetable Soup
Grilled Cheese Sandwich
Fruit

Wednesday, November 9

Breakfast
French Toast Sticks w/ Syrup
Sausage Patty OR
Assorted Cereal
Buttered Toast
Assorted Juice

Lunch
Chicken Parmesan w/ Pasta
Seasoned Green Beans
Bread Stick
Mixed Fruit

Thursday, November 10

Breakfast
Grits and Ham Cubes
Banana Muffin OR
Assorted Cereal
Buttered Toast
Assorted Juice

Lunch
Chicken Sandwich
French Fries
Diced Peaches

Friday, November 11

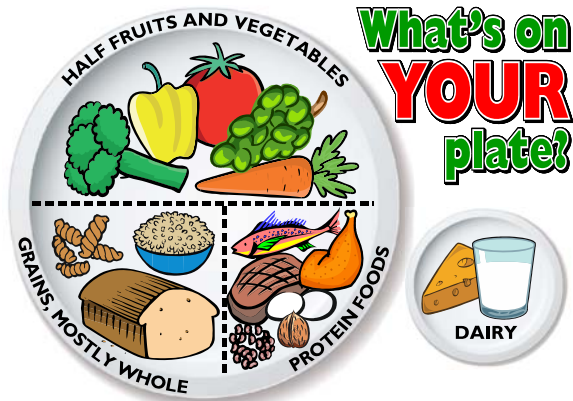
Breakfast
Sausage Gravy
Biscuit OR
Assorted Cereal
Buttered Toast
Assorted Juice

Lunch
Stuffed Crust Cheese Pizza
Garden Salad
Fresh Fruit

NUTRITION TO GO

Cheese is a big source of fat in a typical American's diet. A bagel sandwich with lean ham, scrambled egg, and one slice of American cheese contains about 12 grams of fat and 5 grams of saturated fat. The same bagel without cheese contains 6 grams of fat and 1 gram of saturated fat.

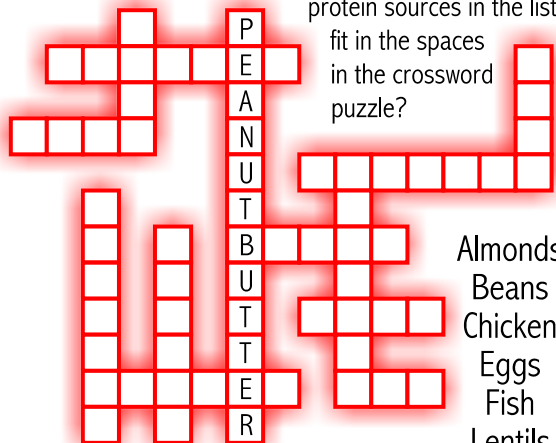
A TASTY MORSEL FOR PARENTS



Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the protein sources in the list

fit in the spaces in the crossword puzzle?



- Almonds
- Beans
- Chicken
- Eggs
- Fish
- Lentils
- Milk
- Pork
- Soy
- Turkey
- Walnuts
- Yogurt



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

Monday, November 14	Tuesday, November 15	Wednesday, November 16	Thursday, November 17	Friday, November 18
<p>Breakfast W/W Pancakes Sausage Patty OR Assorted Cereal Buttered Toast Assorted Juice</p> <p>Lunch Chicken Nuggets Mashed Potatoes Fruit</p>	<p>Breakfast Ham and Cheese Biscuit Potato Tots OR Assorted Cereal Buttered Toast Assorted Juice</p> <p>Lunch Beef Vegetable Soup Grilled Cheese Sandwich Fruit</p>	<p>Breakfast Waffles w/ Syrup Sausage Patty OR Assorted Cereal Buttered Toast Assorted Juice</p> <p>Lunch Beef Ravioli w/ Marinara Sauce Garden Peas Bread Stick Fruit Cup</p>	<p>Breakfast Egg and Cheese Wrap Potato Tots OR Assorted Cereal Buttered Toast Assorted Juice</p> <p>Lunch Chicken and Rice Green Beans Fruit Cup W/W Roll</p>	<p>Breakfast Sausage and Egg Biscuit Potato Tots OR Assorted Cereal Buttered Toast Assorted Juice</p> <p>Lunch Cheese Pizza Garden Salad Fresh Fruit</p>

Thanksgiving Break

See you back here on **Monday, November 28!**

Monday, November 28	Tuesday, November 29	Wednesday, November 30
<p>Breakfast Sausage Gravy Biscuit OR Assorted Cereal Buttered Toast Assorted Juice</p> <p>Lunch Corn Dog Nuggets Mac and Cheese Mixed Vegetables Flavored Apple Sauce</p>	<p>Breakfast W/W Pancakes w/ Syrup Sausage Patty OR Assorted Cereal Buttered Toast Assorted Juice</p> <p>Lunch Chili con Carne w/ Beans Grilled Cheese Sandwich Carrot Sticks Peach Cup</p>	<p>Breakfast Scrambled Eggs w/ Sweet Potato Muffin OR Assorted Cereal Buttered Toast Assorted Juice</p> <p>Lunch Chicken Nuggets Rice w/ Gravy Buttered Carrots Apple Crisp</p>

VEGETABLE OF THE MONTH

Beets

Beets are very low in calories, high in fiber, vitamins A, B1, B2, B6 and C, and contain more iron than spinach. Beets are also a good source of key minerals like calcium, magnesium, copper, and phosphorus.