

# Menus for November 2011

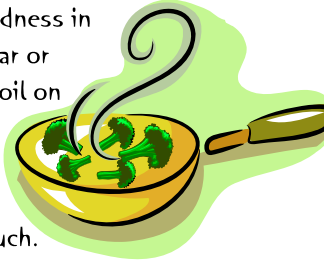
I.S.D. Elementary School Menu

The institution is an equal opportunity provider



## DON'T GET SAUCY.

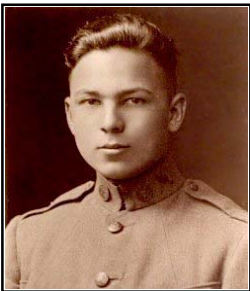


Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



**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 ★

### Lunch Prices:

Full Pay = \$3.25

K-3 Reduced = Free

4-5 Reduced = \$0.40

Adult = \$4.00

(M) = Meatless Entree

**Tuesday, Nov. 1**

#1 Whole Grain Corndog w/ Oven Fries  
#2 Veggie Burger (M) w/ Oven Fries  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)

Sugar Cookie  
Salad Bar  
Milk

**Wednesday, Nov. 2**

#1 Cheese (M) or Pepperoni Pizza  
#2 Hamburger  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)

Salad Bar  
Milk

**Thursday, Nov. 3**

#1 Nacho Supreme!  
#2 No Choice  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)

Churro  
Salad Bar  
Milk

**Friday, Nov. 4**

#1 Chicken Nuggets w/ Homemade Whole Wheat Roll  
#2 Beef Taco Salad  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)

Salad Bar  
Milk

**Monday, Nov. 7**

#1 Teriyaki Beef Dippers w/ Rice  
#2 Eggroll w/ String Cheese  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)

Fortune Cookie  
Salad Bar  
Milk

**Tuesday, Nov. 8**

#1 Hot Dog in a Bun w/ Sunchips  
#2 Turkey Deli Sandwich w/ Sunchips  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)

Cowboy Cookie  
Salad Bar  
Milk

**Wednesday, Nov. 9**

#1 Cheese (M) or Pepperoni Pizza  
#2 Chicken Burger  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)


Salad Bar  
Milk

**Thursday, Nov. 10**

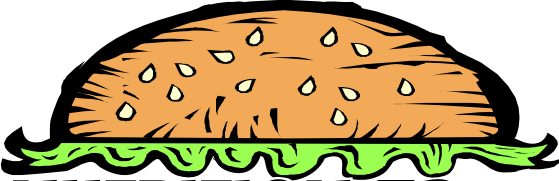
**Brunch For Lunch!**  
#1 Breakfast Burrito w/ String Cheese  
#2 Waffle Sticks w/ Scrambled Eggs (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)

Baked Cinnamon Apples  
Salad Bar  
Milk

**Friday, Nov. 11**



**Veteran's Day**  
**No School Today**



## 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.**

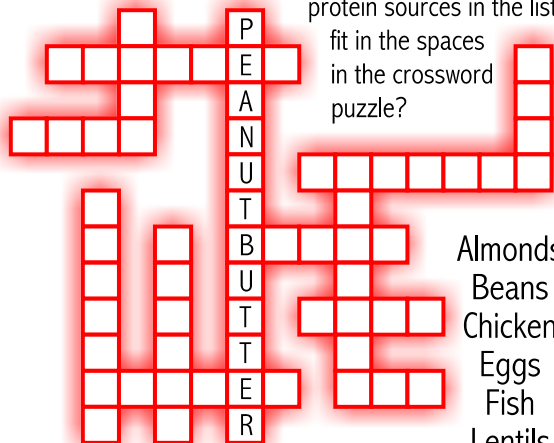
**A TASTY MORSEL FOR PARENTS**



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

**Monday, Nov. 14**

- #1 Chicken Burger
- #2 Bean & Cheese Burrito w/ Salsa (M)
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Chocolate Krinkle Cookie  
Salad Bar  
Milk

**Tuesday, Nov. 15**

- #1 Pasta w/ Meat Sauce & Garlic Cheese Toast
- #2 Italian Hot Pocket (M)
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Brownie  
Salad Bar  
Milk

**Wednesday, Nov. 16**

- #1 Cheese (M) or Pepperoni Pizza
- #2 Ham Deli Sandwich
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

**Thursday, Nov. 17**

- #1 Turkey Gravy w/ Mashed Potatoes & Homemade Whole Wheat Roll
- #2 No Choice
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Pumpkin Bar  
Salad Bar  
Milk

**Friday, Nov. 18**

- #1 Chicken Rings w/ Homemade Whole Wheat Roll
- #2 Chef Salad
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

**Monday, Nov. 21**

- #1 Fish Nuggets w/ Heart-Shaped Pretzels
- #2 Chicken Slugger w/ Heart-Shaped Pretzels
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Chocolate Chip Cookie  
Salad Bar  
Milk

**Tuesday, Nov. 22**

- #1 Mac & Cheese w/ Homemade Whole Wheat Roll (M)
- #2 Beef Soft Taco w/ Salsa
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Rice Krispie Treat  
Salad Bar  
Milk

**Wednesday, Nov. 23**

- #1 Cheese (M) or Pepperoni Pizza
- #2 Southwest Chicken Salad
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

**Thanksgiving Break**

**See you back here on Monday, Nov. 28!**

**Monday, Nov. 28**

- #1 Sloppy Joe
- #2 Hamburger
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Sherbet Cup  
Salad Bar  
Milk

**Tuesday, Nov. 29**

- #1 Toasted Cheese Sandwich w/ Soup (M)
- #2 Turkey Deli Sandwich w/ Soup
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Chocolate Cake  
Salad Bar  
Milk

**Wednesday, Nov. 30**

**No School!**

**THANKSGIVING FEAST**

Please join us! All the trimmings!

**Thursday, November 17th**