

Menus for November 2022

ACMETONIA Elementary School



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 QUICK BITE FOR PARENTS

WE'RE LOOKING FOR A FEW EXTRA SETS OF HANDS



For more information on cafeteria job opportunities call: 724-274-2105

Only 34 more school days 'til Winter Break!



Tuesday, November 1	Wednesday, November 2	Thursday, November 3	Friday, November 4
Breakfast Wholegrain Flavored Pop Tart	Breakfast Baked Cinnamon Donut Holes	Breakfast Cinnamon Ultimate Breakfast Round	Breakfast General Mills Cereal Bars
Lunch Hot Dog with Baked Shoestring Fries	Lunch Baked Italian Hoagie	Lunch Spaghetti & Meatballs with Breadstick	Lunch Pepperoni Pizza Slice
Honey Baked Beans	Potato Sticks	Steamed Green Beans	Steamed Mixed Vegetables
Fruit / Milk Choice	Fruit / Milk Choice	Fruit / Milk Choice	Fruit / Milk Choice

DON'T FORGET!



SUNDAY, NOV. 6

Monday, November 7	Tuesday, November 8	Wednesday, November 9	Thursday, November 10	Friday, November 11
Breakfast Super Bakery Banana or Cinnamon Bread	Breakfast Mini French Toast Bites with Syrup	Breakfast Baked Wholegrain Apple Turnover	Breakfast Assorted Cereals with Graham Crackers	Breakfast Cocoa Cherry Breakfast Bar
Lunch Baked Chicken & Cheddar Hoagie	Lunch Quesadilla Wedges with Spanish Rice	Lunch Fish Sticks with Macaroni & Cheese	Lunch Soft Shell Taco with Cheese & Lettuce	Lunch Baked Pizza Crunchers
Crinkle Cut Fries	Punch Vegetable Juice	Steamed Broccoli	Steamed Corn	Steamed Carrots
Fruit / Milk Choice	Fruit / Milk Choice	Fruit / Milk Choice	Fruit/Milk Choice	Fruit / Milk Choice

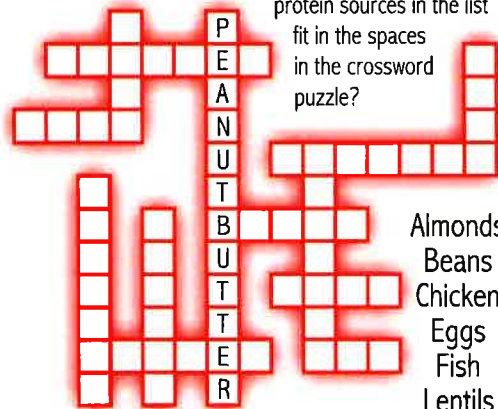




Protein Power!

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.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG



Tuesday, November 15	Wednesday, November 16	Thursday, November 17	Friday, November 18
Breakfast Flavored Yogurt with Graham Crackers	Breakfast Breakfast Pizza Square	Breakfast Flavored Wholegrain Breakfast Muffin	Breakfast Wholegrain Rich Breakfast Bar
Lunch Barbecue Rib Sandwich Baked Fries Fruit/Milk Choice	Lunch Grilled Cheese Sandwich with Soup Mini Carrot Sticks Fruit / Milk Choice	Lunch Cheeseburger with Shoestring Fries Honey Baked Beans Fruit / Milk Choice	Lunch Cheese Pizza Slice Steamed Corn Fruit / Milk Choice

Monday, November 21	Tuesday, November 22	Wed., November 23
Breakfast Mini Wholegrain Cinnamon Rolls	Breakfast Sausage & Pancake Flap Stick with Syrup	Breakfast Assorted Cereals with Graham Crackers
Lunch Breaded Corn Dog Nuggets Baked Potato Smiles Fruit / Milk Choice	Lunch Nachos & Turkey Shaped Baked Soft Pretzel Steamed Corn Fruit / Milk Choice	Lunch Stuffed Breadstick Bites with Pizza Sauce Steamed Vegetables Fruit/Milk Choice

	Tuesday, November 29	Wed., November 30
Lunch: <u>Alternate Choice:</u> 1) Deli Hoagie 2) Peanut Butter & Jelly Sandwich <u>Available Daily:</u> Fruit or 100% Fruit Juice Vegetable Choice Wholegrain Breads/Rolls Milk Choice	Breakfast Wholegrain Mini Super Bakery Donuts Lunch Popcorn Chicken Bites with Potatoes & Gravy Mango Vegetable Juice Fruit / Milk Choice	Breakfast Breakfast Pizza Square Lunch Breakfast Sandwich with Tater Tots Applesauce Cup Fruit / Milk Choice

THANKS GIVING!



ENJOY YOUR HOLIDAY!
SEE YOU TUESDAY!

BREAKFAST

Choose at least 3 of 4 available components

Daily breakfast entrée or variety of alternate choices

Fruit or 100% Juice

Milk Choice

