

Menu

Carlisle ISD Pk-5th Lunch Menu November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 Corn Dog Hamburger Mixed Vegetables Pork & Beans Strawberries	3 Hot Ham & Cheese Sandwich Cheeseburger Green Peas Corn Pineapples <i>National Sandwich Day</i>	4 Cheese Enchilada Cheeseburger Pinto Beans Lettuce/Tomato Spanish Rice Raisins ½ Apple	5 Catfish Strips Cheeseburger Green Beans Butternut Squash Diced Peaches	6 Nachos Cheeseburger Refried Beans Lettuce/Tomato Applesauce <i>National Nacho Day</i>
9 Turkey & Cheese Roll Up Chicken Salad Wrap Baked Chips Lettuce/Tomato Baby Carrots Diced Peaches	10 Homemade Beef Stew Cheeseburger Cornbread ½ Orange Diced Pears	11 *Chicken Nuggets *Whole Wheat Bread *Mixed Vegetables *Pineapples *Balance Choice Meal W/Milk	12 *Whole Grain Pizza Square *French Fries *Fruit Cocktail *Balance Choice Meal W/Milk <i>National Pizza Day</i>	13 Frito Pie Beef & Bean Burrito Corn Lettuce Tomato Diced Peaches
16 Chicken Spaghetti Hamburger Green Peas Corn Diced Pears	17 Baked Potato W/Fixings Cheeseburger Broccoli Cuts Slice Of Bread Mixed Fruit <i>National Homemade Bread Day</i>	18 Sausage Link On Bun Hamburger Mixed Vegetables Pork & Beans Strawberries	19 Turkey & Dressing Chicken Nuggets Green Beans Candied Sweet Potatoes Roll Gravy Peach Cobbler	20 *Whole Grain Pizza Square *Potato Wedges *Fruit Cocktail *Balance Choice Meal W/Milk
23 Steak Fingers Cheeseburger French Fries Green Peas Dried Cranberries <i>National Eat A Cranberry Day</i>	24 Chicken Patty Sandwich On Whole Wheat Bun Cheeseburger Carrot Slices Green Beans Pineapple Tidbits	25 Holiday	26 Holiday	27 Holiday
30 Chicken Fried Steak Cheeseburger Mashed Potatoes Gravy Green Beans Applesauce			<u>Mealtime Online Cafeteria</u> <u>On-Line Student</u> <u>Information & Payments</u> <u>www.mymealtime.com</u>	<u>Lunch Choices</u> Choice of Entrée, Choice of 2 Vegetables Choice of Milk Fruit or 100% Fruit Slush

Choice of Milk Offered Daily Lunch Prices: PK-4: \$1.75, 5th \$2.00, Reduced: \$.40, Staff: \$3.00, Guests: \$3.00 (any age)
 5th Grade also has choice of Fresh Made Pizza Daily Pepperoni & Specialty Pizza Extra Lunch Entrée \$1.35 Ice Cream Cup \$.60

Buy fruits and vegetables in season for the best flavor and price USDA MyPyramid recommends butternut squash as a member of the orange vegetable group Try a variety of fruits and vegetables that are deep orange and green for better health Take a break from French Fries and try baked squash instead Eating a diet rich in fruits and vegetables may reduce risk of diabetes Refrigerate if cut but can be stored in a cool dry place if uncut Never underestimate the nutrition power of a yellow or orange fruit or vegetable USDA MyPyramid is a great resource for choosing nutritious vegetables at MyPyramid.gov Try butternut squash baked or mashed with a little cinnamon Seeds can be eaten either raw or cooked Quality squash is one that has a smooth hard rind free of spots Usually referred to as a winter squash because it is harvested when ripe in cool weather Actually a fruit and not a vegetable Substitute in any recipe that calls for pumpkin Health benefits include vitamins A, C, fiber,

