

Menus for November 2011

Altha Middle/High School



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!

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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
 Meatball Sub
 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
 Pork Riblet Sub
 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

★ 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,

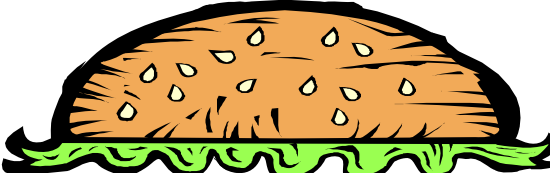


pictured above as a 17-year-old and, right, in a more recent photo, lied about his age to enlist at sixteen. He was



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.

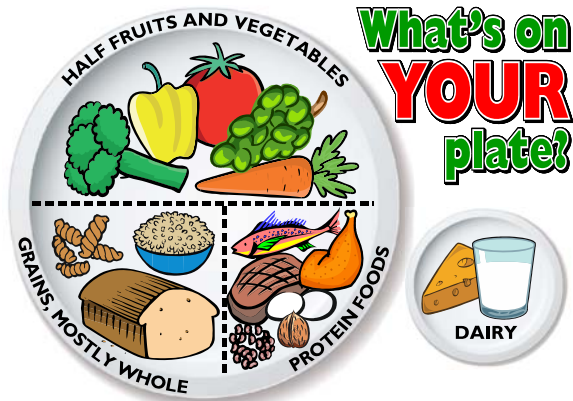
★ WITH LIBERTY & JUSTICE FOR ALL ★



NUTRITION TO GO

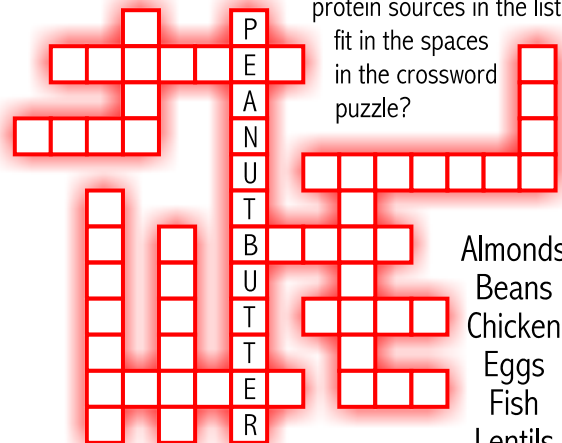
Cheese is a big source of fat in a typical American's diet. A bagel sandwich with lean ham, scrambled egg, and one slice of American cheese contains about 12 grams of fat and 5 grams of saturated fat. The same bagel without cheese contains 6 grams of fat and 1 gram of saturated fat.

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 Sliced Turkey w/ Gravy Dressing w/ Cranberry Sauce Green Beans Sweet Potato Souffle 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

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 an good source of key minerals like calcium, magnesium, copper, and phosphorus.



OF THE MONTH