

Menu

Hallsville ISD Elementary School Breakfast Menu November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancakes Sausage Assorted Cereal Toast w/ Jelly Orange Juice	3 Biscuit Sausage Assorted Cereal Toast w/ Jelly Fruit Blend Juice	4 Chicken Biscuit Assorted Cereal Toast w/ Jelly Orange Juice	5 Pancake on a Stick Assorted Cereal Toast w/ Jelly Apple Juice	6 Steak Biscuit Assorted Cereal Toast w/ Jelly Orange Pineapple Juice
9 Banana Mini Loaf Sausage Assorted Cereal Toast w/ Jelly Orange Juice	10 Biscuit w/ Gravy Scrambled Eggs Assorted Cereal Toast w/ Jelly Fruit Blend Juice	11 Breakfast Burrito Assorted Cereal Toast w/ Jelly Orange Juice	12 Waffle Sticks Yogurt Assorted Cereal Toast w/ Jelly Apple Juice	13 Pigs In A Blanket Assorted Cereal Toast w/ Jelly Orange Pineapple Juice
16 Pancake Sausage Assorted Cereal Toast w/ Jelly Orange Juice	17 Biscuit Sausage Assorted Cereal Toast w/ Jelly Fruit Blend Juice	18 Chicken Biscuit Assorted Cereal Toast w/ Jelly Orange Juice	19 Pancake on a Stick Assorted Cereal Toast w/ Jelly Apple Juice	20 Steak Biscuit Assorted Cereal Toast w/ Jelly Orange Pineapple Juice
23 Holiday	24 Holiday	25 Holiday	26 Holiday	27 Holiday
30 Pancake Sausage Assorted Cereal Toast w/ Jelly Orange Juice				

Choice of Milk Offered Daily

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, potassium and magnesium



Menu

Hallsville ISD Elementary School Lunch Menu November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Hamburger on Whole Grain Bun Or Crispy Tacos *Tossed Salad * Whole Kernel Corn *Applesauce	3 Chicken Nuggets Or Hot Dog Pork n Beans Celery and Carrot Sticks w/ Ranch Strawberries	4 Country Steak w/ Gravy Or Chef Salad Mashed Potatoes Green Beans Dinner Roll	5 Spaghetti W/ Meat Balls Or *Whole Grain Chicken Fillet Sandwich *Seasoned Corn *Burger Salad *Petite Banana	6 *Whole Grain Cheese Pizza Or Cheese Ravioli *Potato Wedges *Chilled Fruit Cocktail Fresh Vegetable Cup Whole Grain Rolls
9 *Chicken Nuggets Or Burrito Spanish Rice *Seasoned Green Peas *Orange Smiles *Whole Grain Roll	10 Turkey Sandwich Or Corn Dog Macaroni Salad Baked Beans Apple Crisp	11 Steak Fingers w/ Gravy Or Macaroni and Cheese w/ Ham Seasoned Carrots Broccoli Fresh Apple	12 Crispy Chicken Wrap Or Cheesy Chicken & Noodles Butternut Squash Seasoned Corn Tropical Fruit	13 *Whole Grain Cheese Pizza Or Cheese Ravioli *Potato Wedges *Chilled Fruit Cocktail Fresh Vegetable Cup Whole Grain Rolls
16 *Hamburger on Whole Grain Bun Or Fish Shapes *Tossed Salad * Whole Kernel Corn *Applesauce Homemade Cornbread	17 Pepperoni Pizza Or Corn Dog Local Broccoli Peas & Carrots Chilled Peaches	18 Turkey w/ Gravy Dressing Sweet Potatoes Green Beans Dinner Roll Cranberry Sauce	19 Hot Dog Or Chicken Spaghetti Potato Salad Chilled Fruit Cocktail Fresh Vegetable Cup Whole Grain Rolls	20 *Whole Grain Cheese Pizza Or Ham and Cheese Sandwich *Potato Wedges *Fruit Cocktail Fresh Vegetable Cup
23 Holiday	24 Holiday	25 Holiday	26 Holiday	27 Holiday
30 *Hamburger on Whole Grain Bun Or BBQ Franks *Tossed Salad * Whole Kernel Corn *Applesauce Roll				

Choice of Milk Offered Daily



An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.

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