

Hallsville High School Lunch Menu November 2009



November 2-6

- MON** Spaghetti w/ Meat Balls, Tossed Salad w/ Light Dressing, Black eye Peas Honey Wheat Bread Sticks, Chilled Peaches
- TUES** Country Steak w/ Gravy, Mashed Potatoes, Green Beans, Whole Grain Roll, Apple Crisp
- WED** BBQ on Bun, Tator Tots, BBQ Beans, Broccoli, Mandarin Oranges
- THU** Baked Ziti, Tossed Salad w/ Light Dressing, Broccoli, Honey Wheat Breadstick, Rosy Applesauce
- FRI** BBQ Chicken, Macaroni and Cheese, Broccoli, Pinto Beans, Rosy Pears, Biscuit

November 9-13

- MON** Chicken Nuggets, Mashed Potatoes, Corn, Chilled Pears, Whole Grain Roll
- TUE** *Cheesy Chicken over Rice, Carrot Sticks w/ Ranch, Green Beans, Wheat Roll, Fresh Apple
- WED** Steak Fingers, Gravy, Mashed Potatoes, Broccoli, Baked Apples, Whole Grain Roll
- THU** Hamburger Steaks, Brown Gravy, Mashed Potatoes, Steamed Vegetables, Whole Grain Roll, Pineapple Crisp
- FRI** Baked Chicken, Dirty Rice, Steamed Cabbage, Seasoned Carrots, Biscuit and Strawberries

November 16-20

- MON** Spaghetti w/ Meat Balls, Tossed Salad, Mixed Vegetables, Fresh Fruit, Wheat Breadstick
- TUE** Country Steak w/ Gravy, Mashed Potatoes, Green Beans, Roll, Apple Crisp
- WED** Turkey and Dressing, Sweet Potatoes, Cranberry Sauce, Green Beans, Dinner Roll
- THU** Oven Fried Chicken, Mashed Potatoes, Gravy, Butternut Squash, Black Eye Peas, Whole Grain Roll
- FRI** BBQ Pork on Whole Wheat Bun, Pinto Beans, Confetti Coleslaw, Steamed Rice, Baked Apples

November 23-27

- MON** HOLIDAY
- TUE** HOLIDAY
- WED** HOLIDAY
- THU** HOLIDAY
- FRI** HOLIDAY

November 30

- MON** Salisbury Steak w/ Gravy, Mashed Potatoes, Early June Peas, Tossed Salad, Mandarin Oranges, Roll



FEATURED DAILY Fresh Baked Cheese Pizza

Mon/Wed/Fri
Pepperoni Pizza

Tue/Thu
Sausage Pizza

Wed
Calzones



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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FEATURED DAILY

Cheeseburger, Chicken Burgers

Monday:
Bacon Cheeseburger

Tuesday:
Meatball Sub

Wednesday:
Grilled Chicken Sandwich

Thursday:
Steak Sandwich

Friday:
Spicy Chicken Sandwich

**Includes Sandwich
With Sides, Fresh Fruit and
Choice of Milk**



Everyday

**Ham and Cheese Hoagie
Turkey and Cheese Hoagie
Chicken Crispy Ranch Salad
Chicken Wrap**



**FRESHLY MADE TO ORDER TACOS,
BURRITOS, NACHOS**

**From a selection of:
SEASONED GROUND BEEF
DICED CHICKEN
NACHO CHEESE**

*Your choice of Soft or Hard Shell Tortilla & Toppings:
Shredded Lettuce, Diced Tomatoes, Cheese, Salsa and Sour Cream.*

*Includes choice of Sides, Fresh Fruit,
and Choice of Milk.*



*Features a bounty of fresh, seasonal and composed side dishes
including hot or cold veggies, fresh cut fruits and side salads.
These healthy options add value to your meal and are a perfect
spot to round out your meal.*

***Chicken Strip Salad, Fresh Fruit, and Choice of Milk**

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

