

# Menu

## Hallsville ISD Intermediate School Breakfast Menu November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Pancakes Sausage Assorted Cereal Toast w/ Jelly Orange Juice	<b>3</b> Biscuit Sausage Assorted Cereal Toast w/ Jelly Fruit Blend Juice	<b>4</b> Chicken Biscuit Assorted Cereal Toast w/ Jelly Orange Juice	<b>5</b> Pancake on a Stick Assorted Cereal Toast w/ Jelly Apple Juice	<b>6</b> Steak Biscuit Assorted Cereal Toast w/ Jelly Orange Pineapple Juice
<b>9</b> Banana Mini Loaf Sausage Assorted Cereal Toast w/ Jelly Orange Juice	<b>10</b> Biscuit w/ Gravy Scrambled Eggs Assorted Cereal Toast w/ Jelly Fruit Blend Juice	<b>11</b> Breakfast Burrito Assorted Cereal Toast w/ Jelly Orange Juice	<b>12</b> Waffle Sticks Yogurt Assorted Cereal Toast w/ Jelly Apple Juice	<b>13</b> Pigs In A Blanket Assorted Cereal Toast w/ Jelly Orange Pineapple Juice
<b>16</b> Pancake Sausage Assorted Cereal Toast w/ Jelly Orange Juice	<b>17</b> Biscuit Sausage Assorted Cereal Toast w/ Jelly Fruit Blend Juice	<b>18</b> Chicken Biscuit Assorted Cereal Toast w/ Jelly Orange Juice	<b>19</b> Pancake on a Stick Assorted Cereal Toast w/ Jelly Apple Juice	<b>20</b> Steak Biscuit Assorted Cereal Toast w/ Jelly Orange Pineapple Juice
<b>23</b>  <b>Holiday</b>	<b>24</b>  <b>Holiday</b>	<b>25</b>  <b>Holiday</b>	<b>26</b>  <b>Holiday</b>	<b>27</b>  <b>Holiday</b>
<b>30</b> 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 Intermediate School Lunch Menu November 2009

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