

# MENU

## Hallsville ISD Junior High 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> French Toast 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](http://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 JUNIOR HIGH SCHOOL Lunch Menu November 2009



### November 2-6

- MON** Spaghetti w/ Meat Balls, Tossed Salad w/ Light Dressing, Honey Wheat Bread Sticks, Chilled Peaches
- TUES** Country Steak w/ Gravy ,Mashed Potatoes, Green Beans, Whole Grain Roll, Apple Crisp
- WED** Macho Nachos, Refried Beans, Seasoned Corn, Mandarin Oranges
- THU** Baked Ziti, Tossed Salad w/ Light Dressing, Broccoli, Honey Wheat Breadstick, Rosy Applesauce
- FRI** BBQ Chicken, French Fries, Baked Beans, Pineapple, Whole Wheat Dinner Roll

### November 9-13

- MON** Chicken Nuggets, French Fries, Corn, Chilled Pears, Whole Grain Roll
- TUE** Country Steak, Gravy, Mashed Potatoes, Broccoli, Baked Apples, Whole Grain Roll
- WED** Cheesy Chicken over Rice, Carrot Sticks w/ Ranch, Green Beans, Wheat Roll, Fresh Apple
- THU** Beef Enchiladas, Mexican Rice, Pinto Beans, Corn, Fruit Cocktail
- FRI** Chicken Tenders, Gravy, Steamed Rice, Carrots, Strawberries

### November 16-20

- MON** Spaghetti w/ Meat Balls, Broccoli, Pineapple Crisp, Wheat Breadstick
- TUE** Country Steak w/ Gravy, Mashed Potatoes, Green Beans, Roll, Chilled Peaches
- 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** Chicken Nuggets, Broccoli Normandy, French Fries, Baked Apples, Dinner Roll

### 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

#### Pepperoni Pizza

*Bake Features  
Includes: Entrée, Vegetable  
Sides, Choice of Fresh Fruit and  
Choice of Milk*



### Monday/Wednesday/Friday

#### Cheeseburger

### Tuesday/Thursday

#### Chicken Burger

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



### FEATURED DAILY

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



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.

In accordance with Federal Law and U.S. Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited basis apply to all programs) To file a complaint of discrimination, write U.S.D.A., Director, Office of Civil Rights, Room 326-w, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TTD). U.S.D.A. is an equal opportunity provider and employer.



www.eatlearnlive.com