

Menu

Hallsville ISD Lil' Cats School Breakfast Menu November 2009

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



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Monday	Tuesday	Wednesday	Thursday	Friday
2 *Hamburger on Whole Grain Bun *Tossed Salad * Whole Kernel Corn *Applesauce	3 Chicken Nuggets Celery and Carrot Sticks w/ Ranch Strawberries	4 Steak Fingers w/ Gravy Mashed Potatoes Broccoli Dinner Roll	5 Spaghetti Meat Balls Green Beans Garlic Breadstick *Petite Banana	6 *Whole Grain Cheese Pizza *Potato Wedges *Chilled Fruit Cocktail
9 *Chicken Nuggets *Mashed Potatoes *Whole Grain Roll *Fresh Oranges	10 Corn Dog Baked Beans Macaroni Salad Apple Crisp	11 Macaroni and Cheese w/ Ham Seasoned Carrots Fresh Apple	12 Cheesy Chicken & Noodles Butternut Squash Whole Grain Roll Tropical Fruit	13 *Whole Grain Cheese Pizza *Potato Wedges *Chilled Fruit Cocktail
16 *Hamburger on Whole Grain Bun *Tossed Salad * Whole Kernel Corn *Applesauce	17 Burrito Mexican Rice Tossed Salad Chilled Peaches	18 Turkey w/ Gravy Dressing Sweet Potatoes Green Beans Dinner Roll Cranberry Sauce	19 Hot Dog Chilled Fruit Cocktail Fresh Vegetable Cup	20 *Whole Grain Cheese Sandwich *Potato Wedges *Fruit Cocktail
23 Holiday	24 Holiday	25 Holiday	26 Holiday	27 Holiday
30 BBQ Franks 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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