

MENU

Hallsville ISD Middle 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 MIDDLE SCHOOLS

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, Dinner Roll

November 9-13

- MON** Chicken Nuggets, French Fries, Corn, Chilled Pears, Whole Grain Roll
- TUE** Steak Fingers, 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.

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