

# Menus for November 2015

**HUTCHERSON SCHOOL**

USDA is an equal opportunity provider and employer. Menus are subject to change.

## MENU FACTS:

Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk. Lactaid milk available to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup additional fruit is served with every Breakfast

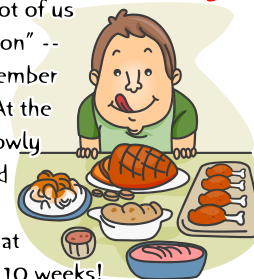
"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.



## Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**U**ntil about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use as a complement to "spring" in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with "autumn" while their distant cousins preferred "fall." And that's why, to this day, this is the only season we have two words for!



**Word Play**

**Monday, November 2**

Professional Development Day

Students do not Attend



**Tuesday, November 3**

Professional Development Day

Students do not Attend

**Wednesday, November 4**

### Breakfast

Cereal; Grahams; Fruit

### Lunch

Assorted Pizza  
Fresh Romaine Salad  
With Cherry Tomatoes  
Hot Vegetable of Choice  
Assorted Fruit Choices

**Thursday, November 5**

### Breakfast

Flapstick; Fruit of Choice

### Lunch

Taco Meat w/cheese on Soft Shell  
Refried Beans w/ cheese  
Steamed Broccoli  
Assorted Fruit Choices

**Friday, November 6**

### Breakfast

Yogurt; Muffin; Fruit

### Lunch

Potato Crusted Fish  
Fillet/ Bun  
Fresh Baked Potato Half  
Glazed Carrots  
Assorted Fruit Choices

**Monday, November 9**

### Breakfast

Cereal; Grahams; Fruit

### Lunch

Hot Dog/ w/wo Chili /Bun  
Home-style Baked Beans  
Crunchy Cole Slaw  
Assorted Fruit Choices

**Tuesday, November 10**

### Breakfast

Egg & Cheese  
Quesadilla; Fruit

### Lunch

Chicken Nuggets  
Creamy Sweet Potatoes  
Turnip Greens  
Assorted Fruit Choices  
Fresh Baked Wheat Roll

**Wednesday, November 11**

### Breakfast

Chicken on Twister Roll  
Fruit of Choice

### Lunch

Assorted Pizza  
Garden Salad  
With Cherry Tomatoes  
Hot Vegetable of Choice  
Assorted Fruit Choices

**Thursday, November 12**

### Breakfast

Flapstick; Fruit

### Brunch for Lunch

Cheesy Scrambled Eggs  
Yogurt  
Crisp Potato Coins  
Carrot & Celery Sticks  
Applesauce  
Warm Breadstick

**Friday, November 13**

### Breakfast

Cereal; Grahams; Fruit

### Lunch

Chicken Fillet / Bun  
French Fries  
Seasoned Green Beans  
Assorted Fruit Choices  
Fresh Baked Cookie

**American Education Week**  
**November 16—20, 2015**

Parents, be sure to check out the many events planned for this special week at your child's school.



**Monday, November 16**

**Breakfast**

Cereal; Grahams; Fruit

**Lunch**

Cheeseburger/ Bun  
 Lettuce, Tomato, Onion  
 Crisp Potato Wedges  
 Steamed Broccoli w/ cheese  
 Assorted Fruit Choices

**Tuesday, November 17**

**Breakfast**

Yogurt; Muffin; Fruit

**Lunch**

Beef Chili w/ Beans and  
 "Tostitos" Baked Scoops  
 Golden Corn  
 Fresh Steamed Cabbage  
 Ice Juice Cup

**Wednesday, November 18**

**Breakfast**

Pillsbury Pancakes; Fruit

**Lunch**

Assorted Pizza  
 Fresh Garden Salad  
 With Cherry Tomatoes  
 Black-eyed Peas  
 Assorted Fruit Choices

**Thursday, November 19**

**Breakfast**

Flapstick; Fruit

**Lunch**

Crisp Pork Chop / Bun  
 Or (Fresh Made Chicken  
 Salad on Croissant)  
 Fresh Baked Potato Half  
 Seasoned Green Beans  
 Fresh Seasonal Fruit  
 Chocolate Chip Cookie

**Friday, November 20**

**Breakfast**

Cereal; Grahams; Fruit

**Lunch**

Shredded Pork BBQ on  
 Flatbread  
 Creamy Sweet Potatoes  
 Crunchy Cole Slaw  
 Assorted Fruit Choices



**Monday, November 23**

**Breakfast**

Cereal; Grahams; Fruit

**Lunch**

Assorted Pizza  
 Fresh Veggies w/ dip  
 Golden Corn  
 Assorted Fruit Choices

**Tuesday, November 24**

**Breakfast**

School's Choice Bkf.

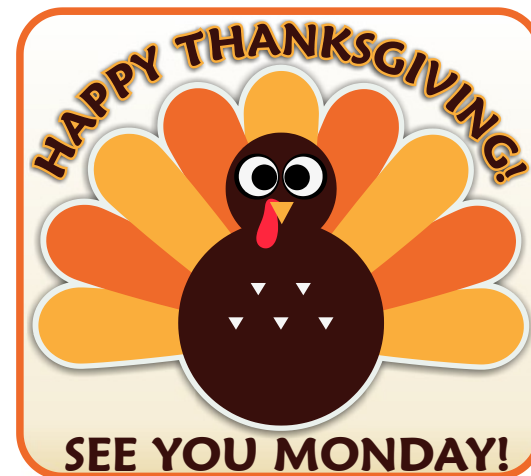
**Thanksgiving Lunch**

Crisp Oven Fried Chicken  
 (Or Chicken Tenders)  
 Creamy Mashed Potatoes  
 Seasoned Green Beans  
 Baked Apples with  
 Whipped Topping  
 Fresh Baked Wheat Roll

**Wednesday, November 25**

*No School*

*Enjoy your  
 Thanksgiving  
 Holiday!*



**Monday, November 30**

**Breakfast**

Cereal; Grahams; Fruit

**Lunch**

Beef Meatballs w/cheese  
 on Hot Dog Bun  
 Home-style Baked Beans  
 Crunchy Cole Slaw  
 Assorted Fruit Choices



Don't Forget, use  
 "My School Bucks"  
 to place money on  
 your children's  
 accounts for meals  
 and/or those "extra  
 treats" they enjoy.

Never Any Fees!  
[myschoolbucks.com](http://myschoolbucks.com)

