



Lunch Menu



November-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W E E K	M E N U		November 1, 2011	November 2, 2011	November 3, 2011	November 4, 2011
	1		Sloppy Joe on a Bun Diced Carrots Snickerdoodle Cookie 	Deep Dish Cheese Pizza+ Tossed Salad Carrot Bread French Dressing	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	Teriyaki Meatballs Rice Pilaf Fresh Fruit Lemon Cookie
	B		Fiesta Burrito+ Pineapple Sunshine Cake Taco Sauce Ranch Dressing	Chicken Sticks Seasoned Potatoes Fresh Fruit Snickerdoodle Cookie BBQ Sauce	Chicken Fajitas Taco Salad Apple Spice Bread Taco Sauce 	Whole-Grain Pasta with Meat Sauce Peas & Carrots Fresh Fruit 100% Fruit Juice

		November 7, 2011	November 8, 2011	November 9, 2011	November 10, 2011	November 11, 2011	
W E E K	M E N U		November 7, 2011	November 8, 2011	November 9, 2011	November 10, 2011	
	2		Hamburger on a Bun Mixed Vegetables 100% Fruit Juice Strawberry Whole-Grain Crackers Ketchup	Nacho Combo Chili Fresh Baby Carrots 	Mini Corn Dogs Corn Fresh Apple Oatmeal Raisin Cookie Ketchup 	Whole-Grain Pasta with Meat Sauce Garlic Bread Fresh Fruit Vanilla Cookie	Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Fat-Free Ranch Dressing
	B		Penne with Marinara Sauce+ Country Vegetable Blend Peaches Banana Bread 	Breaded Chicken on a Wheat Bun Green Beans 100% Fruit Juice Gingersnap Cookie BBQ Sauce 	Soft Shell Tacos Taco Salad Oats & Honey Goldfish Grahams Taco Sauce	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Vanilla Whole-Grain Crackers	Max Pizza Stix with Zesty Marinara+ Tossed Salad Fresh Fruit Ranch Dressing

		November 14, 2011	November 15, 2011	November 16, 2011	November 17, 2011	November 18, 2011	
W E E K	M E N U		November 14, 2011	November 15, 2011	November 16, 2011	November 17, 2011	
	3		Spaghetti with Meatballs Broccoli 100% Fruit Juice Goldfish Pretzels 	Sloppy Joe on a Bun Country Vegetable Blend Gingersnap Cookie	Chicken Fajitas Taco Salad Chocolate Cake Taco Sauce 	Pancakes Sausage Links* Fresh Fruit Oats & Honey Goldfish Grahams Syrup	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard Ranch Dressing
	B		Santa Fe Chili Warm Cornbread Pears Oatmeal Raisin Cookie 	Mini Corn Dogs Diced Carrots 100% Fruit Juice Blueberry Fruit & Grain Bar Ketchup 	Ultragrain Stuffed Crust Cheese Pizza+ Tossed Salad Zucchini Bread Fat-Free French Dressing	Hot Turkey Ham & Cheese Sandwich Fresh Fruit Goldfish Pretzels 	Chicken Tenders Seasoned Potatoes Fresh Apple Strawberry Whole-Grain Crackers BBQ Sauce

Lunch Break



Scientists say you should eat a plateful of color every day. Consuming a variety of colorful fruits and veggies helps you stay healthy. An easy way to achieve this goal is to put fruits and vegetables into five color groups: red, orange/yellow, green, blue/purple, and white/brown/tan. Each color category makes a unique contribution to maintaining health and lowering the risk of developing chronic diseases. Over the next few months, we'll take a look at each group. First up, the red group.

Meals Served with Milk






Milk Provided By Ceres Contains No Growth Hormones or Antibiotics







Lunch Menu



November-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		November 21, 2011	November 22, 2011	November 23, 2011	November 24, 2011	November 25, 2011
W E E K 4	M E N U	Mini Beef Ravioli Green Beans Mixed Fruit Apple Spice Bread 	Beef & Tomato with Wheat Pitas Corn Homemade Granola Bar	Breaded Chicken Sandwich Diced Carrots Fresh Apple Lemon Cookie BBQ Sauce 	 	
	B	Turkey Sloppy Joe on a Wheat Bun Mixed Vegetables Snickerdoodle Cookie 	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole Wheat Roll	Whole-Grain Pasta with Meat Sauce Broccoli Pineapple Pumpkin Bread		

		November 28, 2011	November 29, 2011	November 30, 2011	Green Pathways Tip:  Did you know that Ceres Food Group served 156,238 pounds of locally grown produce during the 2010-2011 school year? It's our goal to incorporate locally grown fruits and vegetables into our menus on a periodic basis. What is "locally grown?" For us, it means the produce was grown in Illinois, a state that borders Illinois or in Michigan. When you see the icon, you know the fruit or vegetable was grown in this region. 
W E E K	M E N U	Penne with Marinara Sauce+ Garlic Bread 100% Fruit Juice Animal Crackers 	Frank-n-Blanket Applesauce Pumpkin Bread Ketchup Mustard	Hot Turkey Ham & Cheese Sandwich Fresh Fruit Chocolate Chip Cookie	
	B	Deep Dish Cheese Pizza+ Fresh Baby Carrots Banana Bread	Whole Wheat Spaghetti with Meatballs Country Vegetable Blend 100% Fruit Juice 100% Whole-Grain White Roll 	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Animal Crackers	

Meals Served with Milk

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Thanksgiving Word Search

A G N I V I G S K N A H T G O
 R A E Y R R T I C U R O A D A
 L L T F E A S T E L S T M I T
 N P U M P K I N Y M H I K R R
 U L R Q C L N O V E M B E R E
 H A I D O E O T R O K U N N S
 F T L I F S L R I P G R O O S
 E T N E E R O E Z I U P U I E
 Y E O V N G C H B L F I Q T D
 A R Y R R E B N A R C O Y I D
 D C O R N U C O P I A M I D E
 I R P I H S R O W M T T J A W
 L O W E L B A T E G E V E R X
 O T S E V R A H A R B D U T E
 H G U C Y O K A H C A R V E A

1. Carve
2. Celebrate
3. Colonist
4. Cornucopia
5. Cranberry
6. Dessert
7. Farmer
8. Feast
9. Gather
10. Harvest

11. Holiday
12. November
13. Pilgrim
14. Platter
15. Pumpkin
16. Thanksgiving
17. Tradition
18. Turkey
19. Vegetable
20. Worship



