

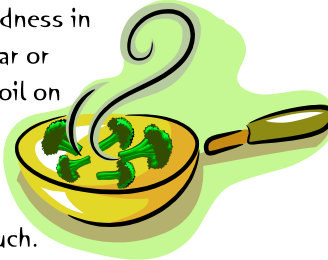
Menus for November 2011

East Valley School
District #361
Elementary and CCS



DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



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

This institution is an equal opportunity provider.

Milk is served with all complete meals.

1% Lowfat White or Fat Free Chocolate and Strawberry Milk

Menu is subject to change.

Visit us at www.evstd.org

Meatless Alternative Items are available at every meal. Just ask.

Tuesday, November 1

Breakfast

Pretzel
Cheese Sauce
Fruit/Juice

Lunch

Hamburger on a Bun/Ketchup
French Fries
Banana
Fruit Cup

Wednesday, November 2

Breakfast

Hard Boiled Egg
Cereal Choice
Fresh Fruit/Juice

Lunch

Homemade Sausage Pizza
Tossed Salad
Ranch Dressing
Cherry Crisp

Thursday, November 3

Breakfast

Egg Mc EV'S
Fresh Fruit
Juice

Lunch

Hard Taco
Salsa
Corn
Orange Quarters
Simply Chex

Friday, November 4

Breakfast

Ham Stick
Waffle/Syrup
Juice

Lunch

Max Stix
Pizza Sauce
Peas
Grapes
Brownie

Monday, November 7

Breakfast

Cereal Choice
String Cheese
Fruit Cup

Lunch

BBQ Ham on a Bun
Tossed Salad
Ranch Dressing
Mandarin Oranges

Tuesday, November 8

Breakfast

Muffin
Yogurt/Granola
Strawberries

Lunch

Chicken Taco
Salad/Salsa
Corn
Orange Quarters
Shape-Up

Wednesday, November 9

Breakfast

Pancake Porky
Syrup
Fresh Fruit

Lunch

Teriyaki Chicken
White Rice
Fresh Vegetables
Ranch Dressing
Cake

Thursday, November 10

Breakfast

Scrambled Eggs
Wheat Toast
Fresh Fruit/Juice

Lunch

Chicken Burger
Leaf Lettuce
Fries
Carrot Sticks
Apple Slices

Friday, November 11



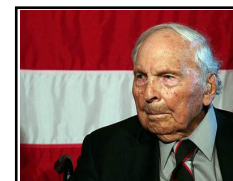
**Veteran's Day
No School
Today**

★ OUR NATION'S HISTORY ★

On November 11, 1918 at the stroke of eleven o'clock a.m. -- the 11th hour of the 11th day of the 11th month -- the treaty that ended World War I was signed. But, in a way, the so-called "war to end all wars" only ended for us in 2011. Earlier this year, the last survivor among 5 million American veterans of that war, Frank W. Buckles, died at the age of 110. Mr. Buckles,



pictured above as a 17-year-old and, right, in a more recent photo, lied about his age to enlist at sixteen. He was



buried with full honors at Arlington National Cemetery near Washington, D.C. Please remember Mr. Buckles and all of our brave servicemen on Veteran's Day, November 11.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Breakfast

Elementary (P - 5) Full Price: \$1.35
Reduced-Price: No Charge
Adult: \$1.65
Middle School (6 - 8) Full Price: \$1.35
Reduced-Price: No Charge
Adult: \$1.65
Milk Only: \$.40

Lunch

Elementary (P - 5) Full Price: \$2.10
Reduced-Price: \$.40, K-3 No Charge
Adult: \$3.50
Middle School (6 - 8) Full Price: \$2.40
Reduced-Price: \$.40
Adult: \$3.50
Milk Only: \$.40

Contact us at 241-5018 or 241-5905
for more information on
Free and Reduced-Price Meals.

Word of the Month

char·i·ta·ble

adj. 1. full of love for and goodwill toward others 2. Generous to those in need 3. merciful or kind in judging others

Monday, November 14

Breakfast

Cereal Choice
Yogurt
Fresh Fruit

Lunch

Sloppy Joe
on a Bun
Potato Wedges
Peas
Banana

Tuesday, November 15

Breakfast

Breakfast Pizza
Fruit Cup
Juice

Lunch

Turkey Gravy
Potatoes/Roll
Cranberry Sauce
Celery/Carrots
Pumpkin Custard

Wednesday, November 16

Breakfast

Cereal Choice
Yogurt
Juice

Lunch

Corn Dog
Ketchup
Potato Chips
Vegetable Sticks
Cookie

Thursday, November 17

Breakfast

Ham Stick
Waffle/Syrup
Strawberries

Lunch

Bean and Cheese
Burrito
Tortilla Chips
Fresh Vegetables
Cherry Turnover

Friday, November 18

Breakfast

Hard Boiled Egg
Cereal Choice
Fruit Cup/Juice

Lunch

Chicken Nuggets
Barbecue Sauce
Fresh Vegetables
Banana
Sugar Cookie

VEGETABLE

Beets

Beets are very low in calories, high in fiber, vitamins A, B1, B2, B6 and C, and contain more iron than spinach. Beets are also a good source of key minerals like calcium, magnesium, copper, and phosphorus.



OF THE MONTH

Monday, November 21

Breakfast

Cereal Choice
Yogurt
Fruit Cup

Lunch

Chicken Burger
Peppers/Carrots
Cucumbers
Apple
Brownie

Tuesday, November 22

Breakfast

Sausage Link
French Toast
Cantaloupe

Lunch

Hot Dog on a Bun
Sun Chips
Carrot Sticks
Grapes
Graham Cookies

Wednesday, November 23

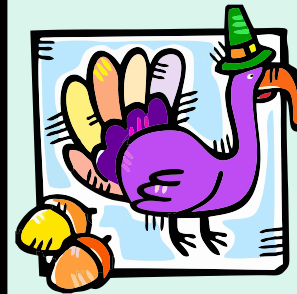
Breakfast

Pretzel
Cheese Sauce
Juice

Lunch

Hamburger on a
Bun/Ketchup
Pickle/Lettuce
Cheetos
Orange Halves

Thanksgiving Break



See you
back here
on Monday,
Nov. 28!

Monday, November 28

Breakfast

Cereal Choice
Yogurt
Juice

Lunch

Macho Nacho
Cheese Sauce
Tossed Salad
Ranch Dressing
Peaches

Tuesday, November 29

Breakfast

Sausage Link
Pancakes
Melon Cup

Lunch

Fish Nuggets
Tartar Sauce
Tossed Salad
Pears
Muffin

Wednesday, November 30

Breakfast

Cereal Choice
Yogurt
Juice

Lunch

Ham Hawaiian
Burger
Fries/Ketchup
Pineapple
Banana

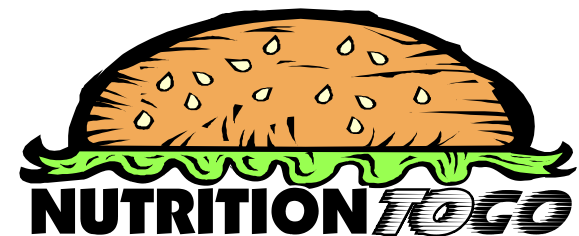
A Note from the Child Nutrition Services Supervisor

I'd like to thank the
Local Farmers
and the

EVSD Farm to School Community Garden
for the wonderful produce that we are able to serve in
our schools.

A special thank you also to
AC Starr Farms
for the 1,125 ears of
corn on the cob.

Our students are very fortunate to be able to enjoy such
fresh and delicious produce
grown right here.
Georjean Kuntz



Cheese is a big source of fat in a typical American's diet. A bagel sandwich with lean ham, scrambled egg, and one slice of American cheese contains about 12 grams of fat and 5 grams of saturated fat. The same bagel without cheese contains 6 grams of fat and 1 gram of saturated fat.

A TASTY MORSEL FOR PARENTS