

Menus for November 2021

FLORENCE SCHOOL DISTRICT FIVE

This institution is an equal opportunity provider. Menus are subject to change.

Monday, November 1

Breakfast

Blueberry Muffin
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Popcorn Chicken w/ Roll
Green Beans
Yams*
Fruit & Milk Choice

Tuesday, November 2

Breakfast

Sausage Biscuit
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
BBQ on Bun
French Fries
Carrots w/ Ranch
Fruit & Milk Choice

Wednesday, November 3

Breakfast

Cinnamon Roll
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Roasted Chicken w/ Roll
Mashed Potatoes
Broccoli w/ Cheese
Fruit & Milk Choice

Thursday, November 4

Breakfast

Pop Tart & Yogurt
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
Hamburger on Bun
Lettuce / Tomato / Mayo
French Fries
Fruit & Milk Choice

Friday, November 5

Breakfast

Cereal & Graham Crackers
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Corn Dog & Chips
Beans
Carrots w/ Ranch
Fruit & Milk Choice

Monday, November 8

Breakfast

Blueberry Muffin
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Chicken Filet Sandwich
Lettuce / Tomato / Mayo
Waffle Fries
Fruit & Milk Choice

Tuesday, November 9

Breakfast

Sausage Biscuit
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, November 10

Breakfast

Cinnamon Roll
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Steak w/ Gravy & Roll
Mashed Potatoes
Black-Eyed-Peas
Fruit & Milk Choice

Thursday, November 11

Breakfast

Pop Tart & Yogurt
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
Tacos w/ Cheese
Lettuce / Tomato / Salsa
Pinto Beans
Fruit & Milk Choice

Friday, November 12

Breakfast

Cereal & Graham Crackers
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Ham & Cheese Croissant
Chips
Sliced Tomatoes
Carrot Sticks w/ Ranch
Fruit & Milk Choice

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG



What's on **YOUR** plate?



What-a-melon!

You might ask, "What is this watermelon doing wearing a big pink bow and sitting on a gold throne?"

More importantly, you might ask, "Why is this watermelon square?!"

These square melons debuted in Japan as a trendy gift, selling for around \$200 each.

They're grown in boxes to get the cube shape, and they're meant to be ornamental, and most often they are not meant to be eaten, just admired!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

THANKSGIVING FEAST



Wednesday, November 17

STALACTITE

Hangs from the Ceiling
of a cave - contains
the letter "c"

Underground caves contain cool formations called "stalactites" and "stalagmites." They form when water seeps through the ground and drips from the cave ceiling.

Grows from the Ground
of a cave - contains
the letter "g"

STALAGMITE

There are caves you can tour in almost every state. You're probably no more than a few hours away from one!

Monday, November 15

Breakfast

Blueberry Muffin
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Popcorn Chicken w/ Roll
Green Beans
Yams*
Fruit & Milk Choice

Tuesday, November 16

Breakfast

Sausage Biscuit
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
BBQ on Bun
French Fries
Carrots w/ Ranch
Fruit & Milk Choice

Wednesday, November 17

Breakfast

Cinnamon Roll
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Turkey & Dressing
Rice & Gravy
Green Beans / Yams*
Cranberry Sauce
Juice & Milk Choice

Thursday, November 18

Breakfast

Pop Tart & Yogurt
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
Hamburger on Bun
Lettuce / Tomato / Mayo
French Fries
Fruit & Milk Choice

Friday, November 19

Breakfast

Cereal & Graham Crackers
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Corn Dog & Chips
Beans
Carrots w/ Ranch
Fruit & Milk Choice



Monday, November 29

Breakfast

Blueberry Muffin
Fruit & Juice Choice
Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Popcorn Chicken w/ Roll
Green Beans
Yams*
Fruit & Milk Choice

Tuesday, November 30

Breakfast

Sausage Biscuit
Fruit & Juice Choice
Milk Choice

Lunch

Southwest Salad w/
Chicken & Crackers
Or
BBQ on Bun
French Fries
Carrots w/ Ranch
Fruit & Milk Choice

ABOVE and BEYOND



If the state of Alaska were placed inside the continental United States, it would stretch from coast to coast and from Canada to Texas. At their closest point, Alaska and Russia are only 55 miles apart.