

Menus for November 2022

Florence School District Five
PDCAP Johnsonville Headstart

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

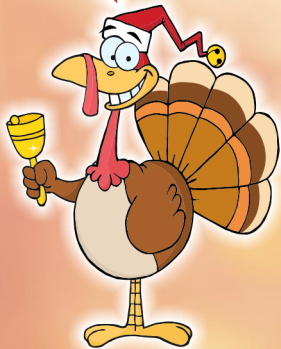


Supply and demand. And cost.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. Plus our food costs are sky-high, as you probably understand from your own trips to the grocery store. We thank our parents and kids in advance for your on-going understanding of this situation!

School Meals
We serve education every day™

Only 28 more school days 'til Winter Break!



Tuesday, November 1

Breakfast

Strawberry Pie
Fruit, Juice, & Milk Choice

Lunch

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

Wed., November 2

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

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

Thursday, November 3

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

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

Friday, November 4

Breakfast

Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Turkey Wrap w/ Chips
Lettuce & Tomato
Carrots w/ Ranch
Fruit & Milk Choice

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!

Monday, November 7

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

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

Tuesday, November 8



NO SCHOOL TODAY

Make sure your family votes!

Wed., November 9

Breakfast

Apple Strudel
Fruit, Juice, & Milk Choice

Lunch

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

Thursday, November 10

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad
w/ Chicken & Crackers
Or
Vegetable Soup
Cheesy Breadstick
Carrot Sticks w/ Ranch
Fruit & Milk Choice

Friday, November 11

Breakfast

Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad
w/ Ham & Crackers
Or
Hot Dog w/ Chili & Slaw
French Fries
Slaw
Fruit & Milk Choice

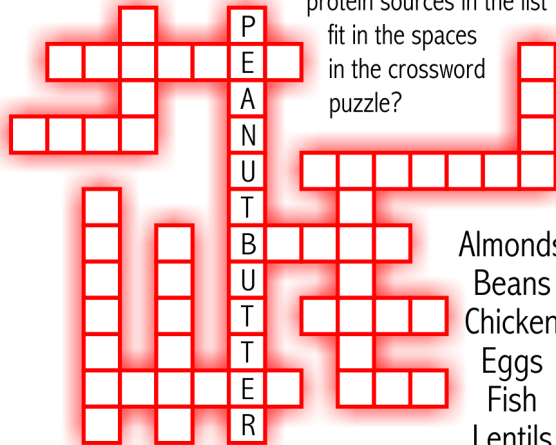




Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



- Almonds
- Beans
- Chicken
- Eggs
- Fish
- Lentils
- Milk
- Pork
- Soy
- Turkey
- Walnuts
- Yogurt



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

Monday, November 14	Tuesday, November 15	Wed., November 16	Thursday, November 17	Friday, November 18
Breakfast Pancake Minis Fruit, Juice, & Milk Choice	Breakfast Strawberry Pie Fruit, Juice, & Milk Choice	Breakfast Pancake Pup Fruit, Juice, & Milk Choice	Breakfast Breakfast Pizza Fruit, Juice, & Milk Choice	Breakfast Cereal Fruit, Juice, & Milk Choice
Lunch Chef Salad w/ Ham & Crackers Or Corn Dog French Fries Baked Beans Fruit & Milk Choice	Lunch Southwest Salad w/ Chicken & Crackers Or Calzone Mixed Vegetables Salad w/ Ranch Fruit & Milk Choice	Lunch Chef Salad w/ Ham & Crackers Or THANKSGIVING FEAST Turkey & Dressing Rice & Gravy Green Beans / Yams Juice & Milk Choice	Lunch Southwest Salad w/ Chicken & Crackers Or Hamburger French Fries Lettuce / Tomato / Mayo Fruit & Milk Choice	Lunch Chef Salad w/ Ham & Crackers Or BAG LUNCH Ham & Cheese Sandwich w/ Chips Lettuce & Tomato Carrots w/ Ranch Fruit & Milk Choice

Thanksgiving Beak Break!

See you beak back here on Monday, November 28!

Monday, November 28	Tuesday, November 29	Wed., November 30
Breakfast Blueberry Muffin Fruit, Juice, & Milk Choice	Breakfast French Toast Sticks Fruit, Juice, & Milk Choice	Breakfast Apple Strudel Fruit, Juice, & Milk Choice
Lunch Chef Salad w/ Ham & Crackers Or Pizza Corn Carrots w/ Ranch Fruit & Milk Choice	Lunch Southwest Salad w/ Chicken & Crackers Or Chicken Noodle Soup Salad w/ Ranch Carrot Sticks Fruit & Milk Choice	Lunch Chef Salad w/ Ham & Crackers Or Steak & Gravy Mashed Potatoes Broccoli w/ Cheese Roll Fruit & Milk Choice

AMERICAN COUGARS GROW UP TO **8 FEET LONG** AND CAN WEIGH **200 POUNDS**, BUT THEY AREN'T CONSIDERED ONE OF THE "BIG CATS" BECAUSE **THEY CAN'T ROAR**. THE SOUNDS THEY MAKE ARE THE SAME PURRS, SCREAMS, HISSES, AND LOW-PITCHED GROWLS THAT **THE FAMILY CAT MAKES- ONLY LOUDER!**

STRANGE BUT TRUE!