

Menus for November 2011

Marion County Elementary Schools



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Thursday, November 3

Daily Breakfast Special
Cinnamon Toast Sticks

LUNCH

Entree - Please Select One
Country Fried Steak
Southern Style Biscuit
OR
Yogurt, Fruit & Cheese Meal

Sides - Please Select Two
Au gratin Potatoes
Seasoned Green Beans
Fruit Cocktail
Fresh Assorted Fruit

Friday, November 4

Daily Breakfast Special
Bagel w/Cream Cheese

LUNCH

Entree - Please Select One
Cheese Quesadilla
OR
Crispy Chicken Sandwich

Sides - Please Select Two
Baby Carrots
w/Ranch Dressing
Green Lantern Applesauce
Fresh Assorted Fruit

Monday, November 7

Daily Breakfast Special
Cheese Omelet

LUNCH

Entree - Please Select One
Pizza Dippers
Marinara Sauce
OR
The Extreme Burrito

Sides - Please Select Two
Mixed Vegetables 5 Way Blend
Mixed Fruit
Fresh Assorted Fruit

Tuesday, November 1

Daily Breakfast Special
Mini Pancakes

LUNCH

Entree - Please Select One
Chicken Nuggets
Dinner Roll
OR
Grilled Cheese Sandwich

Sides - Please Select Two
Broccoli
Rosy Applesauce
Fresh Assorted Fruit

Wed., November 2

Daily Breakfast Special
Breakfast Tac-Go

LUNCH

Entree - Please Select One
Lasagna Roll-ups
Garlic Breadstick
OR
Rib BBQ Sandwich

Sides - Please Select Two
Tossed Salad
Glazed Carrots
Fresh Grapes

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!

Thursday, November 3

Daily Breakfast Special
Cinnamon Toast Sticks

LUNCH

Entree - Please Select One
Country Fried Steak
Southern Style Biscuit
OR
Yogurt, Fruit & Cheese Meal

Sides - Please Select Two
Au gratin Potatoes
Seasoned Green Beans
Fruit Cocktail
Fresh Assorted Fruit

Friday, November 4

Daily Breakfast Special
Bagel w/Cream Cheese

LUNCH

Entree - Please Select One
Cheese Quesadilla
OR
Crispy Chicken Sandwich

Sides - Please Select Two
Baby Carrots
w/Ranch Dressing
Green Lantern Applesauce
Fresh Assorted Fruit

Monday, November 7

Daily Breakfast Special
Cheese Omelet

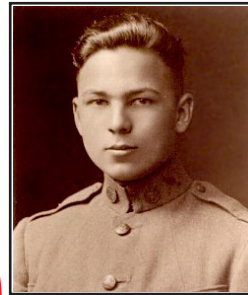
LUNCH

Entree - Please Select One
Pizza Dippers
Marinara Sauce
OR
The Extreme Burrito

Sides - Please Select Two
Mixed Vegetables 5 Way Blend
Mixed Fruit
Fresh Assorted Fruit

★ 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 and women on Veteran's Day, November 11.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Tuesday, November 8

Daily Breakfast Special
Sausage Gravy & Biscuit

LUNCH

Entree - Please Select One
Tangerine Chicken Rice
OR
Turkey Ranch Wrap

Sides - Please Select Two
Steamed Broccoli
Pineapple Tidbits
Fresh Assorted Fruit

Wed., November 9

Daily Breakfast Special
Snack N Waffles

The Lunch Items for today will be chosen from among your favorites by our nutrition staff. Selections may vary by school.

ENJOY!

Early Release

Friday, November 11

Daily Breakfast Special
Pancake Sausage Stick

LUNCH

Entree - Please Select One
Cheeseburger
OR
Deli Sub

Sides - Please Select Two
Seasoned Green Beans
Potato Stars
Sliced Peaches
Fresh Assorted Fruit



NOVEMBER BIRTHDAYS

Stephen Crane -- Nov. 1
Benjamin Banneker -- Nov. 9
Ryan Gosling (31) -- Nov. 12
Rachel McAdams (33) -- Nov. 17
Macy's Day Parade (85) -- Nov. 24
Abigail Adams -- Nov. 22



Available Daily

Breakfast: Choice of Daily Special (listed on each day's menu) or assorted reduced-sugar cereal, **PLUS** low-fat cheese snacks, fresh or canned fruit, assorted 100% fruit juices, and low-fat or skim milk.

Lunch: Choice of two entrees (listed on each day's menu) **PLUS** choice of 2 side items, an "Extra" when offered **AND** low-fat or skim milk. We also offer PB&J Uncrustables as a daily lunch choice at all locations.

Nutrition Information: In Marion County, we're serious about good nutrition -- our full-time Registered Dietitian plans all of our menus! An asterisk (*) on the menu indicates a Turkey item. All cheese products and milk choices are reduced-fat or fat-free.

Breakfast
Complimentary for all Students

Lunch
\$1.60 Elementary Student Lunch
\$2.75 Adult Lunch

We provide free and reduced-price lunches (\$.40) for eligible students. Please call your school for details.

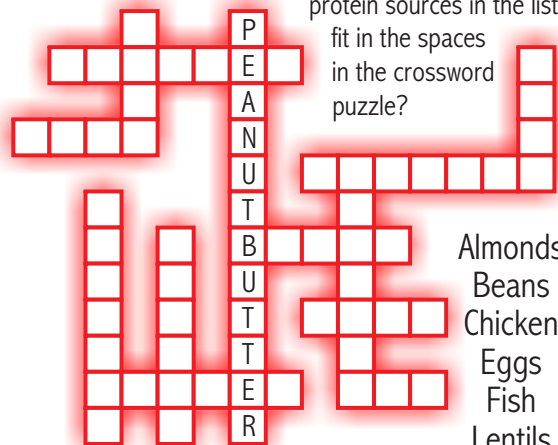
Marion County Public Schools
Where Every Child Can Learn



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?



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

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

Monday, November 14

Daily Breakfast Special
Breakfast Break

LUNCH
Entree – Please Select One
The MAX Pizza Wedge
OR
Yogurt, Fruit & Cheese Meal

Sides –Please Select Two
Buttered Corn
Fruit Cocktail
Fresh Assorted Fruit

Tuesday, November 15

Daily Breakfast Special
Mini Pancakes

LUNCH
Entree – Please Select One
Taco Nachos
OR
Grilled Chicken Sandwich

Sides –Please Select Two
Sante Fe Black Beans & Rice
Rosy Applesauce
Fresh Assorted Fruit

Wed., November 16

Daily Breakfast Special
Breakfast Tac-Go

LUNCH
Entree – Please Select One
Mac N Cheese w/Ham
Southern Style Biscuit
OR
BBQ Pork Sandwich

Sides –Please Select Two
Broccoli
Diced Peaches
Fresh Assorted Fruit

THANKSGIVING FEAST

Please join us! All the trimmings!

THURSDAY, NOVEMBER 17

Thursday, November 17

Daily Breakfast Special
Cinnamon Toast Sticks

LUNCH
THANKSGIVING DINNER
Roasted Turkey
Mashed Potatoes & Gravy
Cornbread Stuffing
Seasoned Green Beans
Dinner Roll
Fresh Assorted Fruit
Extra
Cranberry Sauce
Special Thanksgiving Treat

Friday, November 18

Daily Breakfast Special
Bagel w/Cream Cheese

LUNCH
Entree – Please Select One
Manager's Choice
OR
Ultra Dog

Sides –Please Select Two
Tater Tots
Pineapple Tidbits
Fresh Assorted Fruit

PARENTS:
For your convenience and peace of mind, you can pay for meals online at mymarionfsdir.marion.k12.fl.us/Parent or call 352-671-4194 for more information.

Monday, November 21

Daily Breakfast Special
Cheese Omelet

LUNCH
Entree – Please Select One
Cheesy Garlic Flatbread Pizza
OR
Meatball Sub

Sides –Please Select Two
California Mixed Vegetables
Peaches
Fresh Assorted Fruit

Tuesday, November 22

Daily Breakfast Special
Pancake Sausage Stick

The Lunch Items for today will be chosen from among your favorites by our nutrition staff. Selections may vary by school. ENJOY!

Thanksgiving Break

See you back here on Monday, Nov. 28!

Monday, November 28

Daily Breakfast Special
Breakfast Break

LUNCH
Entree – Please Select One
Stuffed Crust
Whole Grain Pizza
OR
Hamburger

Sides –Please Select Two
Corn Cobbett
Mixed fruit
Fresh Assorted Fruit

Tuesday, November 29

Daily Breakfast Special
Mini Pancakes

LUNCH
Entree – Please Select One
Chicken Nuggets
Dinner Roll
OR
Grilled Cheese Sandwich

Sides –Please Select Two
Broccoli
Rosy Applesauce
Fresh Assorted Fruit

Wed., November 30

Daily Breakfast Special
Breakfast Tac-Go

LUNCH
Entree – Please Select One
Lasagna Roll-ups
Garlic Bread Stick
OR
Rib BBQ Sandwich

Sides –Please Select Two
Tossed Salad
Green Beans
Fresh Grapes