

North Crawford School District November Breakfast & Lunch Menu

Menus subject to change

The USDA is an equal opportunity provider and employer

For tips on a healthier lifestyle visit <http://www.choosemyplate.gov>
There you can find info on recipes, physical activity, food portions, food safety, food waste, and links to other sites that help your healthier lifestyle become a part of your everyday routine.

DON'T 4 GET!
To make a lunch, choose at least one

Fruit/Juice OR **Veggie**

Grains **Milk** **Protein**

Fruit/Juice **and 3-5 items total** **Vegetables**

NUTRITION 70/60

Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for seconds.

A TASTY MORSEL FOR TEENS

Tuesday Nov 1

Breakfast:
Cereal & Yogurt Cup
High School-
Grab n go

Lunch:
Breaded Fish Sandwich
Roasted Potatoes
Corn
Strawberries

Wednesday Nov 2

Breakfast:
Breakfast Slider
High School-
Grab n go

Lunch:
Chicken Tetrastini
Roasted Broccoli
Dinner Roll
Caesar Salad
Banana

Thursday Nov 3

Breakfast:
Sweet Bread
High School-
Sweet Bread

Lunch:
Pulled Pork Sandwich
Chips
Baked Beans
Roasted Cauliflower
Applesauce Cup

Friday Nov 4

Breakfast:
Bagel & Cream Cheese
High School-
Grab n go

Lunch:
Swiss Chicken
Casserole
Homemade Bread
Italian Green beans
Strawberries

Monday Nov 7

Breakfast:
Cereal or Yogurt and
Granola
High School-
Grab n go

Lunch:
Chicken Nuggets
Seasoned Fries
Corn
Peaches

Tuesday Nov 8

Breakfast:
Muffin and yogurt
High School-
Grab n go

Lunch:
Mini Corn Dogs
Smiley Potatoes
Baked Beans
Grapes

Wednesday Nov 9

Breakfast:
Sweet bread
High School-
Grab n go

Lunch:
Scaolped Potatoes and
Ham
Roasted Baby Carrots
Garlic Texas Toast
Mixed Fruit

Thursday Nov 10

Breakfast:
Mini Cinnamon Cream
Cheese Bagels
High School-
Grab n go

Lunch:
Shephard's Pie
Asparagus
Dinner Roll
Applesauce

Friday Nov 11

Breakfast:
Breakfast Pizza and
Hashbrown
High School-
Grab n go

Lunch:
Chili & Crackers
Homemade Bread
Corn
Roasted Potatoes
Peaches

November breakfast cost:
Elementary/HS- \$22.00
Per Meal- \$1.10

Oct Lunch costs:
MS/HS - \$55.00 (\$2.75)
Elementary - \$49.00 (\$2.45)
Extra Milk - \$0.30
Adult Breakfast - \$1.60
Adult Lunch - \$3.55

We encourage you to monitor your child's lunch account online to keep your balance current

Monday Nov 14

Breakfast:
Breakfast Burrito

High School-
Grab n go

Lunch:
BBQ Sliders
French Fries
Corn
Banana
Brownie

Tuesday Nov 15

Breakfast:
Cereal or
Cereal Bar

High School-
Grab n go

Lunch:
Spaghetti w/ Penne
Pasta
Garlic breadstick
Asparagus
Strawberries



Wednesday Nov 16

Breakfast:
Scrambled Eggs &
Biscuit

High School-
Grab n go

Lunch:
Homemade Pizza
Breadstick
Broccoli and Cheese
Apple

Thursday Nov 17

Breakfast:
Muffin and Yogurt

High School-
Grab n go

Lunch:
Nachos
Refried Beans
Cucumber Tomato
Salad
Cantaloupe

Friday Nov 18

Breakfast:
Pancake Sausage Stick

High School-
Grab n go

Lunch:
Chicken or Cheese
Quesadilla
Pinto Beans
Roasted Broccoli
Orange Wedges

Monday Nov 21

Breakfast:
Breakfast Casserole

High School-
Grab n go

Lunch:
BBQ Pork Tenderloin
Baked Beans
Potato Salad
Dinner Roll
Strawberries

Tuesday Nov 22

Breakfast:
Cereal or Cereal bar

High School-
Grab n go

Lunch:
Thanksgiving Meal
Turkey
Mashed Potatoes
Dressing
Green Beans
Carrot Souffle
Pumpkin Bar

Wednesday Nov 23

NO SCHOOL

Thursday Nov 24

NO SCHOOL

Friday Nov 25

NO SCHOOL



Monday Nov 28

Breakfast:
Yogurt and Granola

High School-
Grab n go

Lunch:
Chicken Alfredo
Broccoli
Breadstick
Apple

Tuesday Nov 29

Breakfast:
Pancakes

High School-
Grab n go

Lunch:
Pork Roast
Mashed Potatoes
Carrots
Dinner Roll
Peaches

Wednesday Nov 30

Breakfast:
Cinnamon Roll

High School-
Grab n go

Lunch:
Quesadilla Pizza or
Stuffed Crust Pizza
Breadstick
Corn
Side Salad
Mixed Fruit

THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve your nutrition – eating together also helps boost social skills and increase appreciation for the value of food and the effort needed to fix meals.

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

eatfit
wanna stay fit?
gotta eat right!

item: turkey sub
verdict: healthy fast food?!

tip: Yes, but not so fast! The numbers here are for turkey and lots of veggies on multigrain bread with mustard. Add a few slices of cheese and a generous glob of mayo and you're closer to 600 calories and 8g of saturated fat – and that's without chips, soda, and cookie!

FIT METER
Based on a 6-inch sub on a popular chain