

Menus for November 2011

Derry Cooperative School District Child Nutrition Program



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Tuesday, November 1

Choose One
Hot Ham & Cheese Croissant
Macaroni & Cheese

Choose Up To Three
French Dinner Roll,
Salad, Peas
Fresh Fruit, Chilled Fruit
Juice, **Yogurt

Choice of Milk

Wednesday, November 2

Choose One
Spaghetti/Meatballs
Caesar Salad Pocket
w/Egg or Chicken
Fish Sandwich

Choose Up To Three
Garlic Bread, Salad, Carrots
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

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

Choose One
Shepherd's Pie
Chicken Salad Sub
Chef's Choice

Choose Up To Three
Dinner Roll, Salad
Corn, Fresh Fruit,
Chilled Fruit, Juice
**Hot Fruit Crisp

Choice of Milk

Friday, November 4

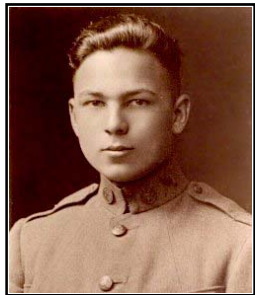
Choose One
Pizza Sticks/Sauce
Chef's Choice

Choose Up To Three
Spaghetti/Sauce
Broccoli Salad, Salad
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

★ 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.

Monday, November 7

Choose One
Chicken Patty/Bun
Tuna Salad Sub

Choose Up To Three
Macaroni Salad
Salad, Green Beans
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

Tuesday, November 8

Choose One
Soft Chicken Taco w/Cheese
w/Lettuce Tomato Salsa
Meatball Sub

Choose Up To Three
Green Cabbage Saute
Salad, Rice
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

Wednesday, November 9

Choose One
Stuffed Crust Pizza
Chef's Choice

Choose Up To Three
Spaghetti Confetti Salad
Salad, Mixed Veggies
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

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

Thursday, November 10

TEACHER WORKSHOP DAY

No School Today

★ WITH LIBERTY & JUSTICE FOR ALL ★

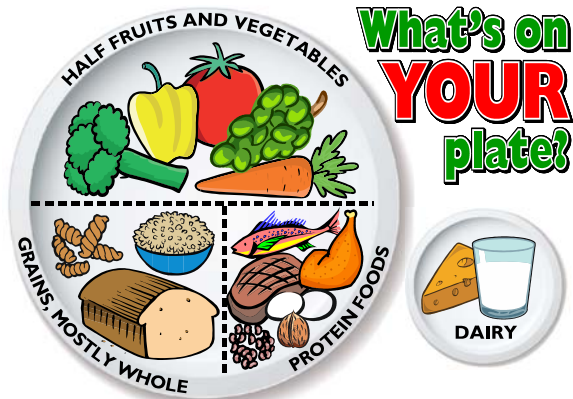
Friday, November 11

Veteran's Day
No School Today

NUTRITION TO GO

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.

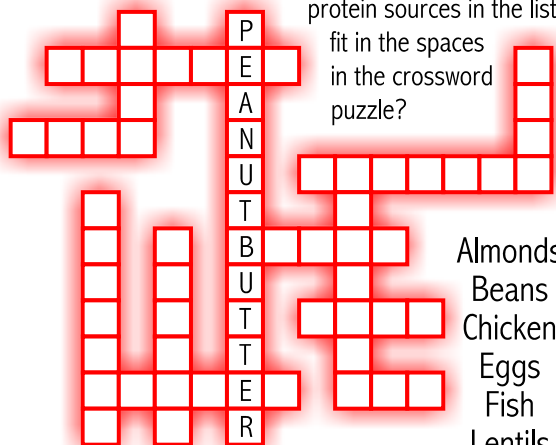
A TASTY MORSEL FOR PARENTS



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

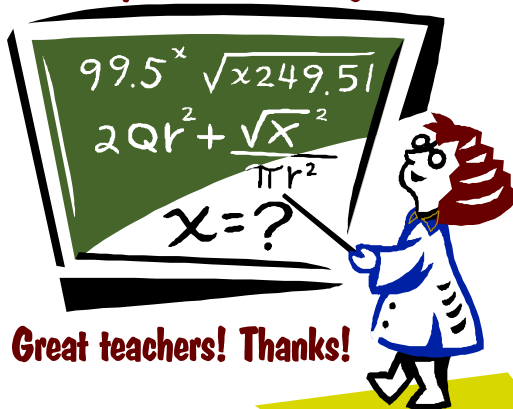
Monday, November 14

- Choose One*
Chicken Patty/Bun
Tuna Salad Sub

- Choose Up To Three*
Macaroni Salad
Salad, Green Beans
Fresh Fruit, Chilled Fruit
Juice

- Choice of Milk

The simple formula for great learning?



Great teachers! Thanks!

American Education Week, Nov. 13-19

Tuesday, November 15

- Choose One*
Soft Chicken Taco w/Cheese
w/Lettuce Tomato Salsa
Meatball Sub

- Choose Up To Three*
Green Cabbage Saute
Salad, Rice
Fresh Fruit, Chilled Fruit
Juice

- Choice of Milk

Wednesday, November 16

- Choose One*
SausageEggCheese Muffin
Cheese Ravioli/Garlic Butter

- Choose Up To Three*
Bread Stick, Salad
Warm Cinnamon Apples
Fresh Fruit, Chilled Fruit
Juice

- Choice of Milk

Thursday, November 17

- Choose One*
Turkey or Pork w/Stuffing &
Gravy or Hot Dog/Bun

- Choice Unlimited*
Dinner Roll, Mashed Potato
Sweet Potatoes, Carrots, Peas
Salad, Cranberry Sauce
Fresh Fruit, Chilled Fruit
Juice, **Pudding

- Choice of Milk

Friday, November 18

- Choose One*
Stuffed Crust Pizza
Chef's Choice

- Choose Up To Three*
Spaghetti Confetti Salad
Salad, Mixed Veggies
Fresh Fruit, Chilled Fruit
Juice

- Choice of Milk

Monday, November 21

- Choose One*
Chicken O's
Chicken/Bacon Ranch Sub

- Choose Up To Three*
Nacho Chips, Potato Puffs
Salad, Carrots
Fresh Fruit, Chilled Fruit
Juice

- Choice of Milk

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

Tuesday, November 22

- Choose One*
Pepperoni Pizza Slice
Chef's Choice

- Choose Up To Three*
Pretzel Rods
Veggie Stix/Dip, Salad
Fresh Fruit, Chilled Fruit
Juice

- Choice of Milk

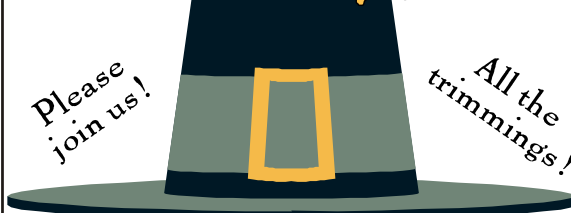
Monday, November 28

- Choose One*
Chicken Nuggets
Hot Dog/Bun

- Choose Up To Three*
Pasta Salad, French Fries
Salad, Green Beans
Fresh Fruit, Chilled Fruit
Juice

- Choice of Milk

THANKSGIVING FEAST



Thursday, November 17

Tuesday, November 29

- Choose One*
Nachos/Beef & Cheese
w/Lettuce Tomato Salsa
Chicken Parmesan/Bun

- Choose Up To Three*
Rice, Salad
Corn
Fresh Fruit, Chilled Fruit
Juice **Pudding

- Choice of Milk

Wednesday, November 30

- Choose One*
Spaghetti/Meat Sauce
Baked Potato/Brocc & Cheese
Chick/Celery/Peach Sal Plate

- Choose Up To Three*
WW Bread Stick, Salad
Broccoli
Fresh Fruit, Chilled Fruit
Juice

- Choice of Milk