

# NOVEMBER 2011

## Pick a Better Snack—Pumpkins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <ul style="list-style-type: none"> <li>•Chicken Patty Sandwich</li> <li>•Sloppy Joe Sandwich</li> <li>•Yogurt with String Cheese and Fruit *V*</li> </ul> <p style="text-align: center;">Fresh Steamed Broccoli Leafy Greens Baby Carrots &amp; Celery Sticks Grapes Diced Peaches</p>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>•Pancake on a Stick</li> <li>•Chicken Nuggets</li> <li>•Un crustable PB &amp; J *V*</li> </ul> <p style="text-align: center;">Mashed Potatoes and Gravy Leafy Greens Baby Carrots &amp; Broccoli Pears Mandarin Oranges</p>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>•Schwan's Cheese Pizza *V*</li> <li>•BBQ Chicken Sandwich</li> <li>•Hummus and Veggies</li> </ul> <p style="text-align: center;">Fresh Steamed Baby Carrots Leafy Greens Baby Carrots &amp; Cucumbers Kiwi Pineapple Tidbits</p>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>•Beef Tacos</li> <li>•Italian Lasagna</li> <li>•Veggie Wrap *V*</li> </ul> <p style="text-align: center;">Whole Kernel Corn Leafy Greens Baby Carrots &amp; Celery Sticks Melons Diced Peaches</p>
<p><b>7</b></p> <ul style="list-style-type: none"> <li>•Chicken Nuggets</li> <li>•Grilled Cheese Sandwich *V*</li> <li>•Turkey &amp; Cheese Deli</li> </ul> <p style="text-align: center;">Whole Kernel Corn Leafy Greens Baby Carrots &amp; Peppers Grapes Applesauce</p>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>•Chili with Cinnamon Roll</li> <li>•Cheeseburger</li> <li>•Yogurt with String Cheese and Fruit *V*</li> </ul> <p style="text-align: center;">Fresh Steamed Broccoli Leafy Greens Baby Carrots &amp; Cucumbers Oranges Mandarin Oranges</p>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>•Macaroni &amp; Cheese *V*</li> <li>•Pig in a Blanket</li> <li>•Un crustable PB &amp; J *V*</li> </ul> <p style="text-align: center;">Green Beans Leafy Greens Baby Carrots &amp; Cucumbers Apples Fruit Cocktail</p>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>•Rib A Que Sandwich</li> <li>•Chicken Patty Sandwich</li> <li>•Chef Salad *V*</li> </ul> <p style="text-align: center;">Green Peas Leafy Greens Baby Carrots &amp; Cucumbers Grapes Diced Peaches</p>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>•Schwan's Pepperoni Pizza *P*</li> <li>•Beef Spaghetti</li> <li>•Turkey &amp; Cheese Wrap</li> </ul> <p style="text-align: center;">Fresh Steamed Baby Carrots Leafy Greens Baby Carrots &amp; Celery Sticks Kiwi Diced Peaches</p>
<p><b>14</b></p> <ul style="list-style-type: none"> <li>•Nachos El Grande</li> <li>•Rib A Que Sandwich</li> <li>•Veggie Wrap *V*</li> </ul> <p style="text-align: center;">Green Beans Leafy Greens Baby Carrots &amp; Broccoli Apples Diced Peaches</p>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>•Homemade Beef &amp; Bean Burrito</li> <li>•Chicken Nuggets</li> <li>•Un crustable PB &amp; J *V*</li> </ul> <p style="text-align: center;">Fresh Steamed Broccoli Leafy Greens Baby Carrots &amp; Celery Sticks Oranges Diced Peaches</p>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>•Corn Dog</li> <li>•Cheeseburger</li> <li>•Chef Salad *V*</li> </ul> <p style="text-align: center;">Oven Baked French Fries Leafy Greens Baby Carrots &amp; Cucumbers Bananas Mandarin Oranges</p>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>•Turkey Gravy &amp; Mashed Potatoes</li> <li>•Un crustable PB &amp; J *V*</li> </ul> <p style="text-align: center;">Green Peas Cranberry Sauce Home-style Biscuit <b>Pumpkin Pie</b> Leafy Greens Baby Carrots &amp; Celery Sticks</p>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>•Schwan's Cheese Pizza *V*</li> <li>•Philly Cheese Steak Sandwich</li> <li>•Turkey &amp; Cheese Wrap</li> </ul> <p style="text-align: center;">Whole Kernel Corn Leafy Greens Baby Carrots &amp; Cucumbers Melons Pineapple Tidbits</p>
<p><b>21</b></p> <ul style="list-style-type: none"> <li>•Chicken Patty Sandwich</li> <li>•Soft Wheat Pretzel w/Cheese *V*</li> <li>•Chicken Caesar Salad</li> </ul> <p style="text-align: center;">Steamed Baby Carrots Leafy Greens Baby Carrots &amp; Peppers Apples Fruit Cocktail</p>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>•Hot Dog</li> <li>•Macaroni &amp; Cheese *V*</li> <li>•Ham &amp; Cheese Deli</li> </ul> <p style="text-align: center;">Fresh Steamed Broccoli Leafy Greens Baby Carrots &amp; Cauliflower Orange Wedges Grapes</p>	<p><b>23</b></p> <p style="font-size: 2em; color: red; font-weight: bold;">NO SCHOOL</p>	<p><b>24</b></p> 	<p><b>25</b></p> <p style="font-size: 2em; color: red; font-weight: bold;">NO SCHOOL</p>
<p><b>28</b></p> <p style="font-size: 1.5em; color: red; font-weight: bold;">NO SCHOOL</p> 	<p><b>29</b></p> <ul style="list-style-type: none"> <li>•Chicken Patty Sandwich</li> <li>•Sloppy Joe Sandwich</li> <li>•Yogurt with String Cheese and Fruit *V*</li> </ul> <p style="text-align: center;">Fresh Steamed Broccoli Leafy Greens Baby Carrots &amp; Celery Sticks Grapes Diced Peaches</p>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>•Pancake on a Stick</li> <li>•Chicken Nuggets</li> <li>•Un crustable PB &amp; J</li> </ul> <p style="text-align: center;">Mashed Potatoes &amp; Gravy Leafy Greens Baby Carrots &amp; Broccoli Apples Mandarin Oranges</p>	<p><b>V* Vegetarian or made vegetarian upon request</b></p> <p><b>*P* Contains Pork</b></p> <p>Menu items are subject to change</p>	<p><b>DAILY OFFERINGS</b></p> <p style="text-align: center;">1% White Milk Skim Chocolate Milk 100% Apple Juice 100% Orange Juice</p> <p style="text-align: center;">Variety of Fresh Fruits and Vegetables</p>

## Meal Prices:

### Breakfast:

PK-12 Student Breakfast	\$ 1.25
PK-12 Reduced Student Breakfast	FREE
Adult Breakfast	\$ 1.75

Breakfast Includes: Choice of Cereal,  
Muffin or Hot Entrée  
Assorted Fruit/Juice  
Milk

### Lunch:

PK-5 Student Lunch	\$ 2.05
6-12 Student Lunch	\$ 2.30
PK-2 Reduced Lunch	FREE
3-12 Reduced Lunch	\$ 0.40
Adult Lunch	\$ 3.00
Extra Milk	\$ 0.45

Lunch Includes: Choice of Entrée,  
Hot Vegetable,  
Fresh Fruit & Veggie Bar,  
Choice of Milk

# NOVEMBER 2011 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Homemade Breakfast Burrito	<b>2</b> French Toast Sticks	<b>3</b> Sausage Biscuit	<b>4</b> Pancake on a Stick <b>*P*</b>
<b>7</b> Breakfast Sausage Pizza	<b>8</b> Sausage Patty and Scrambled Eggs	<b>9</b> Belgium Waffle and Fruit	<b>10</b> Homemade Breakfast Burrito	<b>11</b> Ultimate Breakfast Round
<b>14</b> Breakfast Sausage Pizza	<b>15</b> Home-style Biscuit, Egg and Cheese Breakfast Sandwich	<b>16</b> Ultimate Breakfast Round	<b>17</b> Biscuit and Gravy	<b>18</b> Pancake on a Stick <b>*P*</b>
<b>21</b> Breakfast Sausage Pizza	<b>22</b> Danimals Yogurt and Cinnamon Roll	<b>23</b> <b>No School</b>	<b>24</b> <b>No School</b>	<b>25</b> <b>No School</b>
<b>28</b> <b>No School</b>	<b>29</b> Homemade Breakfast Burrito	<b>30</b> French Toast Sticks		<b>P* Contains Pork</b>  Menu items are subject to change

## Paying for Meals

Parents may pay for meals several ways.

Students may bring cash or checks to school and pay before or during meals.

Parents may pay for meals through our on-line payment program. There is no charge to register on-line. Features include:  
viewing of your student's account activity  
and low balance email alerts.

Payments made before 9:00 am will post that business day, all payments received after 9:00 am will post the following day.

Starting **Sept 1, 2011** there will be a **\$1.00** transaction fee charged for on-line payments. Get your payments in early.

<https://www.schoolpaymentsolutions.com>

You could possibly save money on school lunch and breakfast!

Pick up a **Free & Reduced Price Meal Application** today and check it out!  
Applications are available at all schools.

## NOVEMBER BREAKFAST PROMOTION

Come eat breakfast with us in November and get your name entered into a drawing for weekly prizes! Grand Prizes include 20" bicycles, i-pod shuffles, i-tune cards and more.

## CHILD NUTRITION NEWSLETTERS

Follow the link below to connect to our monthly newsletters  
<http://www.psdschools.org/school-resources/child-nutrition/newsletter>



## PUMPKINS

The word pumpkin originates from the word *pepon*, which is Greek for "large melon". The origin of pumpkins is not definitively known, although they are thought to have originated in North America. The oldest evidence, pumpkin-related seeds dating between 7000 and 5500 BC, were found in Mexico. Of the seven continents, only Antarctica is unable to produce pumpkins.

Pumpkins are a squash-like fruit that range in size from less than 1 pound to over 1,000 pounds. The current world record holder is a 1,810-pound Atlantic Giant pumpkin.

### Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly.

"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington DC 20250-9410 or call toll free 866-632-9992(Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339; or 800-845-6136 (Spanish). USDA is an equal opportunity provider and employer."