

Menus for Middle School NOVEMBER 2024

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



Every complete meal
we serve comes with
your choice of lowfat
or nonfat milk!



NUTRITION TO GO

If your family wants to eat healthier,
don't try to do too much all at once.
Start slow and make changes over time.
For instance, make an effort to eat fish
(unbreaded) once or twice every week.
Fish is typically lower in fat than other
meats, and even higher-fat types
of fish like salmon are sources
of healthy omega-3
fatty acids.

A QUICK BITE FOR PARENTS

Monday, November 4

Breakfast
BREAKFAST PIZZA
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH(MINI
PANCAKES, HASHBROWN &
YOGURT)
OR
PASTA WITH MEAT SAUCE

Tuesday, November 5

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE SANDWICH
OR
BEEF TACO

Wednesday, November 6

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN PATTY SANDWICH

Thursday, November 7

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN BOWL

Friday, November 8

Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
MACARONI AND CHEESE
OR
CHICKEN TENDERS

COOKIE

Monday, November 11

**Veteran's Day
No School
Today**

Tuesday, November 12

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE EMPANADA
OR
BEEF TACO

Wednesday, November 13

Breakfast
BREAKFAST SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHEESEBURGER
& FRIES

Thursday, November 14

Breakfast
MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
TURKEY & GRAVY
AND MASHED POTATOES

Friday, November 15

Breakfast
CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch
BEAN AND CHEESE BURRITO
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

AVAILABLE DAILY

Every complete meal we
serve comes with the
choice of entrée, fruit or
vegetable sides and your
choice of low fat white or
chocolate milk.

Other daily
LUNCH options:
DELI SANDWICH
LARGE SALAD
PIZZA
(select varieties)





Feast o' Fiber!

Lots of the foods we eat on Thanksgiving are good fiber sources, including all of the ones listed below. Find and color all of the letters in these "fiber foods," and then unscramble the leftover letters to learn the name of one Turkey Day favorite that contains no fiber.

**Broccoli Carrots Pumpkin Pie
Sweet Potatoes Cranberry Sauce**



ANSWER: _____

Even though this favorite food doesn't have any fiber, it's still a nutritious source of high quality protein that's relatively low in fat and calories compared to many other protein foods! Enjoy it along with generous portions of the higher-fiber stuff!

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

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

Roseville City School District

★ OUR NATION'S HISTORY ★

During World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help our kids learn. Please remember to thank your teachers during this year's American Education Week, November 18-22.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, November 18	Tuesday, November 19	Wednesday, November 20	Thursday, November 21	Friday, November 22
<p>Breakfast BREAKFAST PIZZA OR CONTINENTAL BREAKFAST</p> <p>Lunch BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT) OR PASTA WITH MEAT SAUCE</p>	<p>Breakfast YOGURT PARFAIT OR CONTINENTAL BREAKFAST</p> <p>Lunch GRILLED CHEESE SANDWICH OR BEEF TACO</p>	<p>Breakfast MINI WAFFLES OR CONTINENTAL BREAKFAST</p> <p>Lunch CHEESE PIZZA OR CHICKEN PATTY SANDWICH</p>	<p>Breakfast CINNI MINI OR CONTINENTAL BREAKFAST</p> <p>Lunch CHEESY BREADSTICKS OR ORANGE CHICKEN BOWL</p>	<p>Breakfast FRENCH TOAST STICKS OR CONTINENTAL BREAKFAST</p> <p>Lunch CHEF'S CHOICE COOKIE</p>

ENJOY YOUR HOLIDAY!

THANKSGIVING!

NO SCHOOL
NOVEMBER 25-29