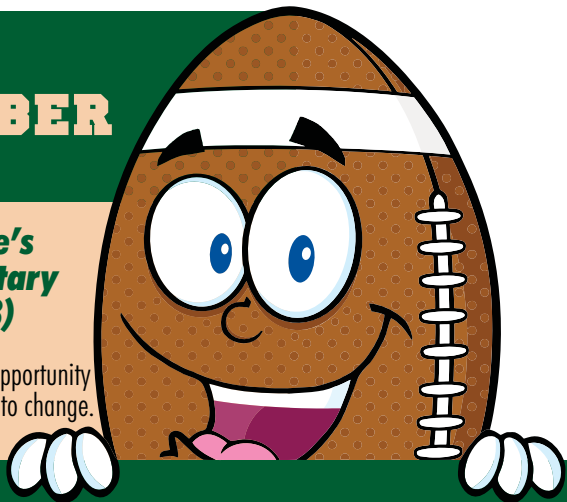


MENUS FOR NOVEMBER 2016

Prince George's
County Elementary
Schools (K-8)

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



Tuesday, November 1

Entrée Choices

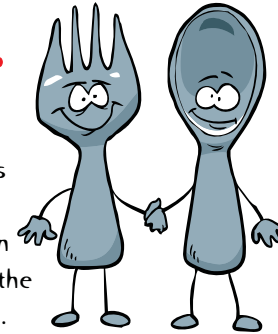
Oven Fried Chicken
w/Steamed Rice
Tuna Salad Sandwich
PB & J Sandwich &
Cheese Stick+
Chef Salad Platter²
& Goldfish Crackers

Sides

Cajun Red Beans
Steamed Collard Greens
Orange Smiles

THE FAMILY THAT EATS TOGETHER.

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



Wed., November 2

Entrée Choices

Pork BBQ Rib Sandwich*
Fiesta Chicken & Cheese
Wrap
PB & J Sandwich &
Cheese Stick+
Tuna Salad Platter &
Goldfish Crackers

Sides

Vegetarian Baked Beans
Cole Slaw
Mandarin Oranges

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

Available Daily

Garden Salad w/Fresh Tomatoes,
Offered w/Reduced Fat Dressing
Seasonal Fresh Fruit Bowl and Fruit Cup
100% Fruit Juice is offered on
Tuesday and Thursday
+Item is Meatless
*Item Contains Pork
†Item Contains Beef
‡Item Contains Turkey

Full student lunch includes choice of entrée (meat or meat substitute w/grain item), up to two vegetables, one fruit, and a choice of one milk. Students will be offered an additional grain with the cold Deli Sandwiches.

Thursday, November 3

Entrée Choices

Mandarin Orange Chicken
w/Steamed Rice
Turkey & Cheese Sandwich
PB & J Sandwich &
Cheese Stick+
Fiesta Chicken Salad
Platter & Goldfish
Crackers

Sides

Sweet Potato Fries
Steamed Broccoli
Mixed Fruit

Friday, November 4

Entrée Choices

Cheese Calzonette+
w/Marinara Dip
Turkey Italian Cold Cut Sub
PB & J Sandwich &
Cheese Stick+
Cheese & Veggie Salad
Platter+ & Goldfish
Crackers

Sides

Steamed Green Beans
Steamed Peas & Carrots
Fresh Apple Slices

DON'T GET!

Take at least
ONE
FRUIT or
VEGGIE
and at least
THREE items total
so your meal
counts as a
complete lunch!

Monday, November 7

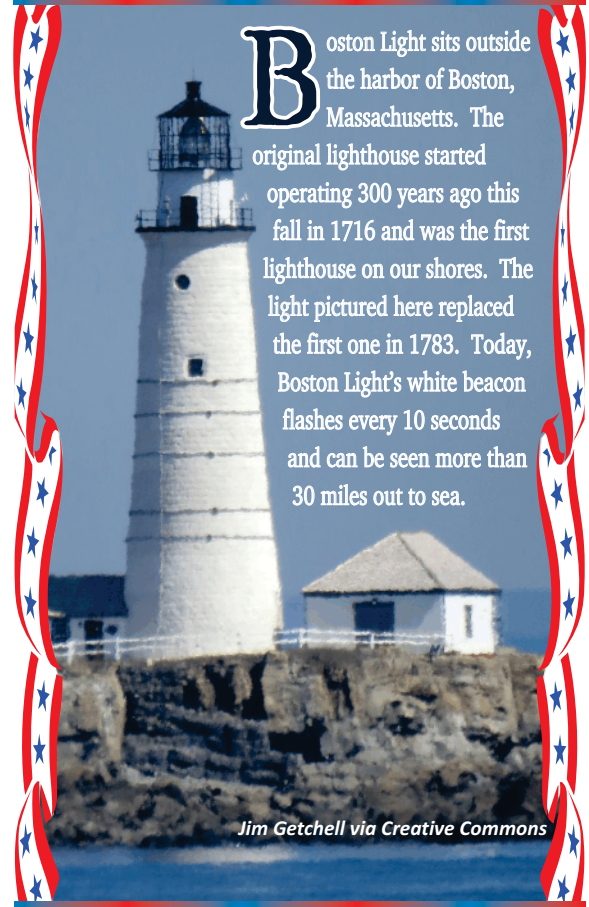
Entrée Choices

Teriyaki Chicken
w/Steamed Rice
Turkey Bacon Club Wrap²
PB & J Sandwich &
Cheese Stick+
Chicken Fajita Salad Platter
& Goldfish Crackers

Sides

Steamed Broccoli
Sweet Potato Fries
Orange Smiles
Today's Dessert
President's Cookies

★ OUR NATION'S HISTORY ★



Boston Light sits outside the harbor of Boston, Massachusetts. The original lighthouse started operating 300 years ago this fall in 1716 and was the first lighthouse on our shores. The light pictured here replaced the first one in 1783. Today, Boston Light's white beacon flashes every 10 seconds and can be seen more than 30 miles out to sea.

Jim Getchell via Creative Commons

Election Day ★ November 8

NO SCHOOL TODAY

Everyone over 18
should get out and

VOTE!

Wed., November 9

Entrée Choices

Stuffed Crust Cheese Pizza+
Turkey Ham & Cheese
Sandwich
PB & J Sandwich &
Cheese Stick+
Chicken Salad Platter &
Goldfish Crackers

Sides

Steamed California Blend
Vegetables
Steamed Sweet Corn
Applesauce

Thursday, November 10

Entrée Choices

Soft Shell Taco¹
Turkey & Cheese
Sandwich
PB & J Sandwich &
Cheese Stick+
Fiesta Chicken Salad
Platter & Goldfish
Crackers

Sides

Tex Mex Black Beans
Steamed Green Beans
Diced Pears

Friday, November 11



**VETERANS DAY
NO SCHOOL**

★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, November 14

Entrée Choices

Jumbo Pizza Bagels+
Turkey Bacon Club Wrap²
PB & J Sandwich & Cheese Stick+
Chicken Fajita Salad Platter² & Goldfish Crackers

Sides

Steamed California Blend Vegetables
Cucumber & Tomato Salad
Diced Pears

Tuesday, November 15

Entrée Choices

Teriyaki Beef Bites¹ w/Steamed Rice
Tuna Salad Sandwich
PB & J Sandwich & Cheese Stick+
Chef Salad Platter² & Goldfish Crackers

Sides

Steamed Carrots
Steamed Edamame (Soybeans)
Applesauce

Wed., November 16

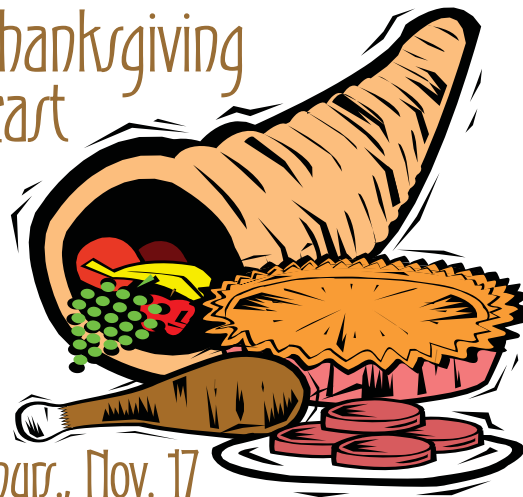
Entrée Choices

Turkey Corn Dog Nuggets
Turkey & Cheese Sandwich
PB & J Sandwich & Cheese Stick+
Tuna Salad Platter & Goldfish Crackers

Sides

Vegetarian Baked Beans
Celery & Carrot Sticks

Thanksgiving Feast



Thurs., Nov. 17

Thursday, November 17

Holiday Meal

Sliced Turkey w/Gravy & Whole Wheat Roll
Fiesta Chicken & Cheese Wrap
PB & J Sandwich & Cheese Stick+
Cheese & Veggie Salad Platter+ & Goldfish Crackers

Sides

Mashed Potatoes w/Gravy
Candied Yams
Steamed Green Beans
Apple Crisp

Today's Dessert-Pumpkin Shaped Sugar Cookie

Friday, November 18

Entrée Choices

Eggo Pancakes+ & Pork Sausage*
Turkey Italian Cold Cut Sub
PB & J Sandwich & Cheese Stick+
Fiesta Chicken Salad Platter & Goldfish Crackers

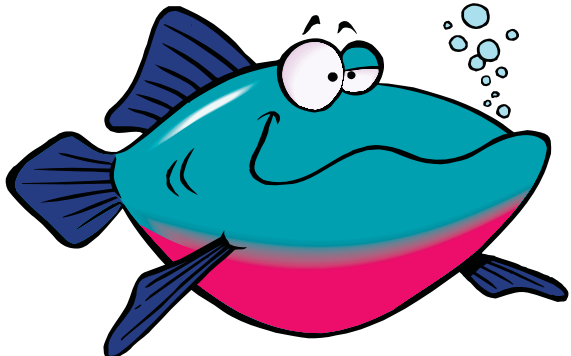
Sides

Tater Tots
Steamed Broccoli
Orange Smiles

What's on YOUR plate?



Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

Monday, November 21

Entrée Choices

Mandarin Orange Chicken w/Steamed Rice
Turkey Bacon Club Wrap²
PB & J Sandwich & Cheese Stick+
Chicken Fajita Salad Platter & Goldfish Crackers

Sides

Steamed Broccoli
Steamed Carrots
Mixed Fruit

Tuesday, November 22

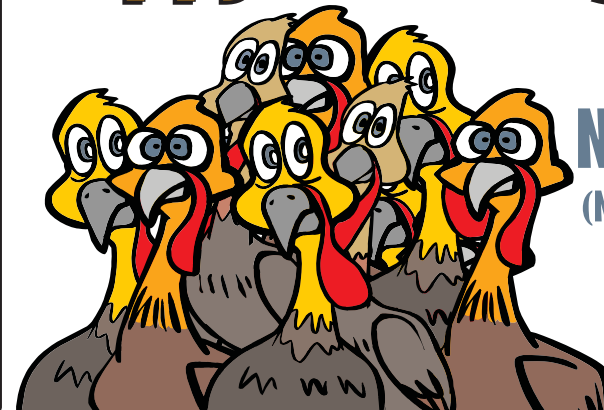
Entrée Choices

Cheesy Pull Apart+ w/Marinara Dip
Turkey Ham & Cheese Sandwich
PB & J Sandwich & Cheese Stick+
Chef Salad Platter² & Goldfish Crackers

Sides

Steamed Corn
Steamed Spinach
Fresh Pear

Happy Thanksgiving!



No School
(Nov. 23- Nov. 25)

Monday, November 28

Entrée Choices

4x6 Cheese Pizza+
Turkey Bacon Club Wrap²
PB & J Sandwich & Cheese Stick+

Sides

Steamed Broccoli
Steamed Peas & Carrots
Diced Pears
NO SALADS

NUTRITION TO GO

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.



Tuesday, November 29

Entrée Choices

Roasted BBQ Chicken & Vegetable Rice Pilaf
Tuna Salad Sandwich
PB & J Sandwich & Cheese Stick+

Sides

Baked Plantains
Mashed Sweet Potatoes
Applesauce

NO SALADS

Wed., November 30

Entrée Choices

Spaghetti & Meat Sauce¹ & Garlic Breadstick
Fiesta Chicken & Cheese Wrap
PB & J Sandwich & Cheese Stick+
Tuna Salad Platter & Goldfish Crackers

Sides

Steamed California Blend Vegetables
Steamed Edamame (Soybeans)
Mixed Fruit