

Menus for November 2011

Olympia School District, Elementary and ORLA Schools



This institution is an equal opportunity provider.

DON'T GET SAUCY.

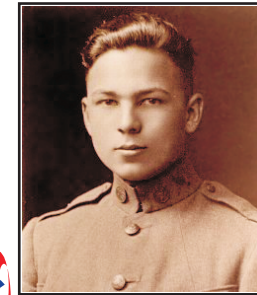
Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



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

★ 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.



★ WITH LIBERTY & JUSTICE FOR ALL ★

ONLINE PAYMENTS
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Follow the link on your family access account to take advantage of this safe, secure way to manage school meal payments

Breakfast \$1.50 Lunch \$2.35

Tuesday, November 1

A) Chicken Teriyaki
B) Cheese Quesadilla
Steamed Rice
Organic Choice Salad Bar
Milk

Egg & Cheese Wrap

Wed., November 2

Brunch For Lunch
A) W.W. Pancakes Topped with Locally Made Syrup, Scrambled Eggs, Sausage Link
Organic Choice Salad Bar
Milk

Chocolate Cherry Muffin

Thursday, November 3

A) Hamburger
B) Veggie Rib Patty with BBQ Sauce on a Hoagie Bun
Oven Baked Tater Tots
Milk

Breakfast Burrito

Friday, November 4

A) Tony's Pepperoni Pizza
B) Tony's Cheese Pizza
Organic Choice Salad Bar
Milk

Biscuit & Egg Patty

Monday, November 7

A) Fish Nuggets
B) Toasted Cheese Sandwich
Organic Choice Salad Bar
Corn Bread
Milk

Cereal or Cereal Bar
String Cheese

Tuesday, November 8

A) Bean and Cheese Burrito
B) Cheese Quesadilla with Salsa and Sour Cream
Organic Choice Salad Bar
Milk

Cherry Turnover

Wed., November 9

A) Chickenwich
B) Veggie Rib Patty with BBQ Sauce on a Hoagie Roll
Oven Baked Tots
Organic Choice Salad Bar
Milk

Breakfast Pizza

Thursday, November 10

A) Turkey Noodle Casserole
Sun Butter and Locally Made Jelly Sandwich
Organic Choice Salad Bar
Milk

Taco Omelet

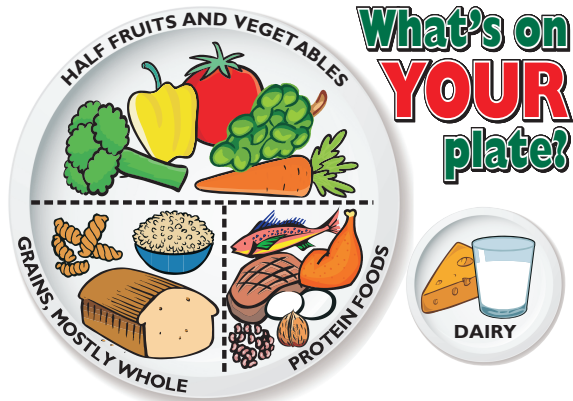
Friday, November 11

**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.

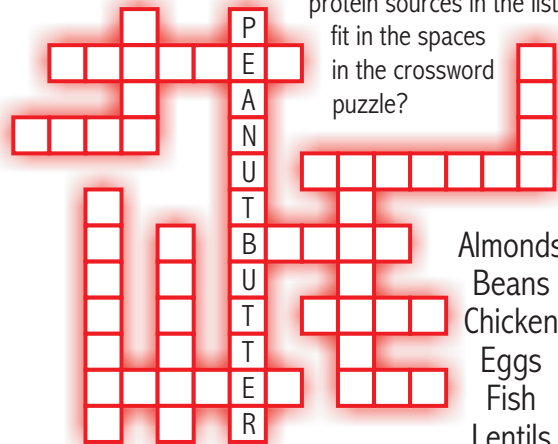
A TASTY MORSEL FOR PARENTS



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?



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

- Almonds
- Beans
- Chicken
- Eggs
- Fish
- Lentils
- Milk
- Pork
- Soy
- Turkey
- Walnuts
- Yogurt

Monday, November 14 A) Chicken Nuggets B) Vegetarian Chili with Shredded Cheese Organic Choice Salad Bar Corn Bread Milk Cereal or Cereal Bar String Cheese	Tuesday, November 15 A) Nachos with Taco Meat and Refried Beans Cooked Together B) Bean and Cheese Burrito Salsa and Sour Cream Organic Choice Salad Bar Milk Pancakes	Wed., November 16 A) Hamburger B) Veggie Rib Patty with BBQ Sauce on a Hoagie Bun Oven Baked Tater Tots Organic Choice Salad Bar Milk Breakfast Burrito	Thursday, November 17 A) Macaroni and Cheese Green Beans Organic Choice Salad Bar Milk Egg & Cheese Wrap	Friday, November 18 A) Roasted Chicken Sicilian Pizza B) Tony's Cheese Pizza Caesar Salad Organic Choice Salad Bar Milk Cheese Omelette
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Monday, November 21 A) Turkey Corn Dog with Whole Wheat Breading B) Hummus with Pita Bread Organic Choice Salad Bar Milk Cereal or Cereal Bar String Cheese	Tuesday, November 22 Holiday Feast A) Roast Turkey in Gravy over Whipped Potatoes Locally Grown Squash Whole Wheat Roll Whole Kernel Corn Cranberry Sauce Apple Crisp Milk Cherry Turnover	Wed., November 23 A) Tony's Pepperoni Pizza B) Tony's Cheese Pizza Organic Choice Salad Bar Milk Blueberry Muffin
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Thanksgiving Break

See you back here on Monday, Nov. 28!

Monday, November 28 A) Teriyaki Beef Dippers B) Vegetarian Chili with Shredded Cheese Organic Choice Salad Bar Whole Wheat Roll Milk Cereal or Cereal Bar String Cheese	Tuesday, November 29 A) Deli Turkey Sandwich B) Toasted Cheese Sandwich Cup of Tomato Soup Organic Choice Salad Bar Milk Bagel with Cream Cheese	Wed., November 30 A) Cheeseburger B) Veggie Rib Patty with BBQ Sauce on a Hoagie Roll Green Beans Organic Choice Salad Bar Milk Breakfast Burrito
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THANKSGIVING FEAST

Please join us! *All the trimmings!*

Tuesday, November 22