

# Menus for November 2011



Olympia School District,  
Middle School

This institution is an equal opportunity provider.



Wrap Sandwiches

\*Organic Choice Salad Bar

\*Vegetarian Lunch Options Daily

\*Health Snack and Beverage  
Available

\*Single Non Fat Chocolate and 1%



## Featured Specials of the Day

**Monday October 31**

Beef Dippers with a Dinner Roll or  
Cheese Quesadilla

**Tuesday, November 1**

Spaghetti with Meat Balls or Meatless Sauce  
with French Bread

**Wednesday, November 2**

**BURGER DAY**

Choice of Hamburger, Chicken Burger or  
Veggie Rib Patty on a Hoagie Roll with  
Oven Baked Fries

**Thursday, November 3**

Teriyaki Rice Bowl or Wrap Sandwich

**Friday, November 4**

Homemade Pizza..Cheese, Pepperoni or  
Speciality (Pizza Crust Made locally by  
Bagel Brothers)

## Featured Specials of the Day

**Monday, November 7**

Nachos with Taco Meat, Refried Beans and  
Shredded Cheese or Bean and Cheese  
Burrito

**Tuesday, November 8**

Mandarin Orange Chicken Chunks over  
Steamed Rice or Wrap Sandwich

**Wednesday, November 9**

**BURGER DAY**

Choice of Hamburger, Chicken Burger or  
Veggie Rib Patty on a Hoagie Roll with  
Oven Baked Tots

**Thursday, November 10**

Homemade Pizza..Cheese, Pepperoni or  
Speciality (Pizza Crust Made locally by  
Bagel Brothers)



**Friday, November 11**

**Veterans Day - - No School**

# FIT FAT

WANNA STAY FIT?

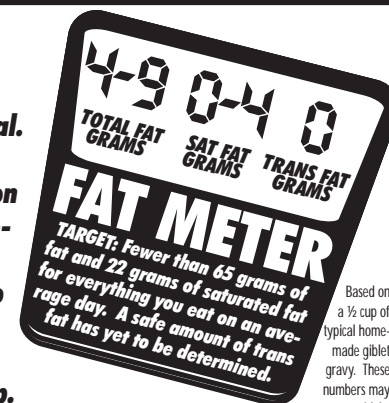
FIGHT THE FAT!

**ITEM: Gravy VERDICT: Does it matter?**



**TIP:** Let's be real.

Just about everybody is  
going to slurp some gravy on  
Thanksgiving. And that's OK --  
after all, gravy's the glue that  
holds the whole meal together! So  
strive for moderation -- take just  
enough to flavor your food, rather  
than enough to float a large cruise ship.



Based on a 1/2 cup of typical home-made gibleet gravy. These numbers may vary widely.

# 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!**

## Featured Specials of the Day

**Monday, November 14**

Chicken Nuggets or Vegetarian Chili with Shredded Cheese both come with Corn Bread

**Tuesday, November 15**

Waffle with Syrup, Scrambled Eggs, Sausage Link and Hash Browns

**Wednesday, November 16**

**BURGER DAY**

Choice of Hamburger, Chicken Burger or Veggie Rib Patty on a Hoagie Roll with Oven Baked Fries

**Thursday, November 17**

Toasted Turkey Ham and Cheese Sandwich or Toasted Cheese Sandwich with a cup of Tomato Soup

**Friday, November 18**

Homemade Pizza..Cheese, Pepperoni or Speciality (Pizza Crust Made locally by Bagel Brothers)

**17 BY THE NUMBERS**  
**EVERY TON OF RECYCLED PAPER SAVES 17 TREES, EACH OF WHICH CAN ABSORB 13 POUNDS OF CARBON DIOXIDE A YEAR**

## Featured Specials of the Day

**Monday, November 21**

Ravioli in Meat Sauce with a Toasted Cheese Sandwich

**Tuesday, November 22**

**BURGER DAY**

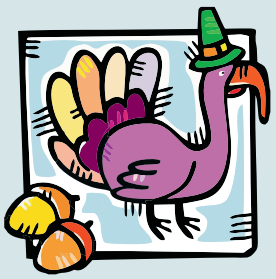
Choice of Hamburger, Chicken Burger or Veggie Rib Patty on a Hoagie Roll with Oven Baked Totss

**Wednesday, November 23**

**Thanksgiving Feast**

Turkey Gravy and Mashed Potatoes with Locally Grown Squash, Corn, Cranberry Sauce, and a Dinner Roll

## Thanksgiving Break



**See you back here on Monday, Nov. 28!**

**Monday, November 28**

Nachos with Taco meat, Refried Beans and Shredded Cheese or Bean and Cheese Burrito

**Tuesday, November 29**

Beef Dippers with a Dinner Roll or Cheese Quesadilla

**Wednesday, November**

**BURGER DAY**

Choice of Hamburger, Chicken Burger or Veggie Rib Patty on a Hoagie Roll with Oven Baked Fries

THIS TIME OF YEAR, YOU SEE A LOT OF PICTURES OF A "CORNUCOPIA," OR

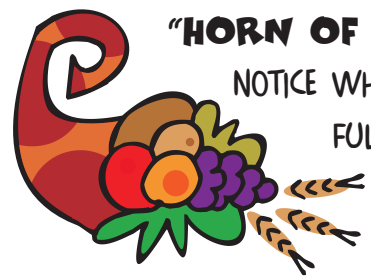
"HORN OF PLENTY." EVER

NOTICE WHAT IT'S PLENTY

FULL OF? FRUITS AND

WHOLE GRAINS

AND VEGGIES!



**NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:**

HAM & EGG ON A WHOLE WHEAT BAGEL

TOTAL CALORIES: 701

OVEN-FRIED POTATOES

CALORIES FROM PROTEIN: 19%

FRESH PEACH

CAL. FROM CARBOHYDRATES: 58%

RICE PUDDING

CALORIES FROM FAT: 23%

NONFAT CHOCOLATE MILK

GOAL: 30% OR LESS FAT CALORIES

## ★ OUR NATION'S HISTORY ★

**O**n 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, left, as a 17-year-old and, below,

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 and women on Veteran's Day, November 11.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Please see reverse for items available daily