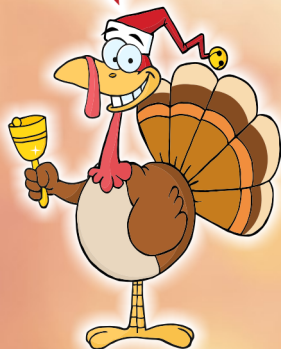


SCMS & 5GA November 2022

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



Only 29 more
school days 'til
Winter Break!



Supply and demand. And cost.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. Plus our food costs are sky-high, as you probably understand from your own trips to the grocery store. We thank our parents and kids in advance for your on-going understanding of this situation!

School Meals
We serve education every day™

Tuesday, November 1

Lunch
Cowboy Nachos
Salsa & Cheese
Black Bean Salad
Corn
Fruit

Wednesday, November 2

Lunch
Brunch
for
Lunch

Thursday, November 3

Lunch
Chicken
Tenders
Biscuit & Gravy
Roasted Potatoes
Broccoli w/cheese
Fruit

Friday, November 4

Lunch
Pizza Stix
w/ Marinara
Garden Salad
Corn
Fruit
Honey Graham

Monday, November 7

Lunch
Cheeseburger
Lettuce/Pickles
Baked Beans
Potato Wedges
Fruit

Tuesday, November 8

Lunch
Mini Quesadillas
w/Salsa & Cheese
Refried Beans
Veggie Dippers
Fruit

Wednesday, November 9

Lunch
Loaded
Baked Potato
w/ Chili
Broccoli
Fruit

Thursday, November 10

Lunch
Chicken Sandwich
Lettuce, Tomato,
Pickles
Veggie Dippers
French Fries
Fruit

Friday, November 11

Lunch
Pizza
Garden Salad
Corn
Sidekick Fruit Cup

Daily Options:

PBJ Sandwich,
String Cheese
Daily Fruit/Veggie Choices
or
Protein Power Pack
with Yogurt,
String Cheese,
Grain, & Daily
Fruit/Veggie Choices
or
Chef Salad w/Protein, Grain
& Daily Fruit/Veggie Choices

All meals include milk choice:

Fat Free Flavored,
Skim, and 1% milk

Harvest of the Month
Sweet Potatoes



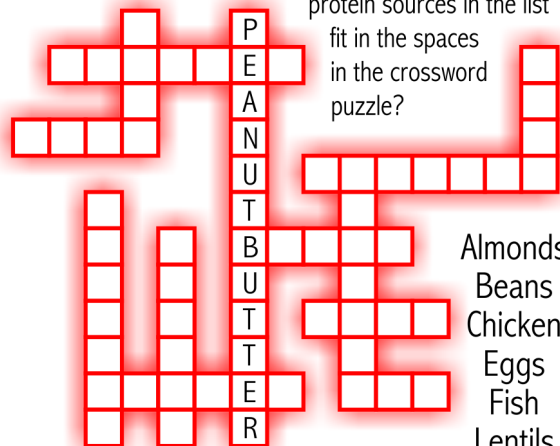
Market conditions, delivery, and availability of
food may require changes in menu.



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 ½ the fat and ¼ of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?



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



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

Monday, November 14

Lunch

Mini Corn Dogs
Baked Beans
Veggie Dippers
Potato Smiles
Fruit

Tuesday, November 15

Lunch

Turkey w/Gravy
Stuffing
Green Beans
Sweet Potato Soufflé
Roll
Cookie
Thanksgiving Meal

Wednesday, November 16

Lunch

Spaghetti
w/Meat Sauce
Garlic Bread
Glazed Carrots
Fruit

Thursday, November 17

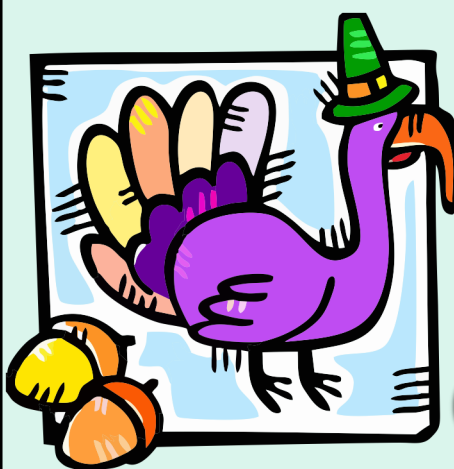
Lunch

Chicken Drumstick
Dinner Roll
Mashed Potatoes
Broccoli
Fruit

Friday, November 18

Lunch

Ham & Cheese
Sandwich
Veggie Dippers
Baked Chips
Fruit



Thanksgiving Beak Break!

See you beak back here on Monday, November 28!

Monday, November 28

Lunch

Hot Dog
Baked Beans
Veggie Dippers
Tator Tots
Fruit

Tuesday, November 29

Lunch

Chicken Fajita
Wrap
w/Salsa & Cheese
Black Bean Salad
Veggie Dippers
Fruit

Wednesday, November 30

Lunch

Mini Calzones
w/ Marinara
Garden Salad
Corn
Fruit

AMERICAN COUGARS GROW UP TO **8 FEET LONG** AND CAN WEIGH **200 POUNDS**, BUT THEY AREN'T CONSIDERED ONE OF THE "BIG CATS" BECAUSE **THEY CAN'T ROAR**. THE SOUNDS THEY MAKE ARE THE SAME PURRS, SCREAMS, HISSES, AND LOW-PITCHED GROWLS THAT **THE FAMILY CAT** MAKES- **ONLY LOUDER!**

STRANGE BUT TRUE!

