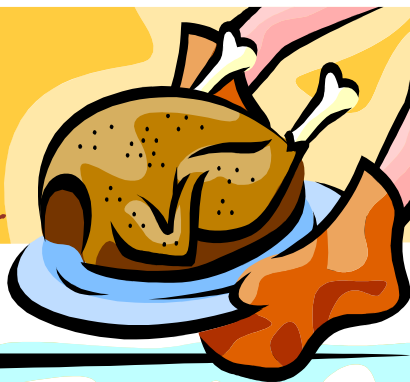


Elementary Menus for November 2010



Roanoke City Public Schools

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Monday, November 1

Breakfast Item of the Day
Mini Pancakes

Lunch
Chicken Patty Sandwich
Fresh Tomato & Lettuce Slices
Macaroni Salad
Baked Beans
Chilled Peaches
*Vegetable Quesedilla

Tuesday, November 2

Breakfast Item of the Day
Fresh Fruit

Lunch
Shrimp Poppers
w/ Mac & Cheese
Seasoned Green Beans
Spiced Applesauce Roll
*School Choice Entrée
Early Dismissal

Wednesday, November 3

Breakfast Item of the Day
Warm Chicken Biscuit

Breakfast for Lunch
Pancakes
Scrambled Eggs
Biscuit
Baked Apples
Potato Rounds
*School Choice Entrée

Thursday, November 4

Breakfast Item of the Day
Peach Cup

Lunch
Chili
Cornbread
Pineapple Cup
X-Ray Carrots
*Grilled Cheese

Friday, November 5

Breakfast Item of the Day
Cinnamon Toast

Lunch
Chef Salad
Crackers
Chilled Mixed Fruit
Seasoned Corn
*Chicken Nuggets w/ Roll

Monday, November 8

Breakfast Item of the Day
Fruit Cup

Lunch
Corn Dog
Fresh Vegetable Sticks
w/ Low-Fat Dipping Cup
Chilled Pears
Orange Rice Pudding
*Tuna Salad Sub

Tuesday, November 9

Breakfast Item of the Day
Waffle

Lunch
Salisbury Steak
Roll
Green Beans
Mashed Potatoes
Fresh Fruit
*School Choice

Wednesday, November 10

Breakfast Item of the Day
Fresh Fruit

Lunch
Turkey Sandwich
Golden Corn & Carrots
Chilled Peaches
Macaroni Salad
Applesauce Cake
*Fish Treasures
Early Dismissal

Thursday, November 11

Breakfast Item of the Day
Sausage Biscuit

Lunch
Pizza Dippers
w/ Marinara Sauce
Fresh Fruit
Potato Salad
*Chicken Strips

Friday, November 12

Breakfast Item of the Day
Pop-Tart

Lunch
Bean Soup
French Breadstick
Chilled Fruit Cocktail
Steamed Broccoli
Gingerbread
*School Choice Entrée



Daily Breakfast Menu

Yogurt Varieties
String Cheese Stick
Low-Sugar Cereal
100% Fruit Juice
Low-Fat and Skim Milk



WARM AND SOAPY.

You wash your hands to get rid of germs – and water alone can't do that. You need soap and warm water to rinse away bacteria. So soap up your hands, pull them out of the water stream and rub them all over for at least ten or fifteen seconds, and then rinse off.



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

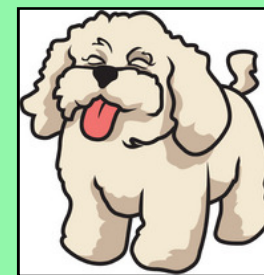
Thank You



★ VETERANS' DAY NOVEMBER 11 ★

I am the letter

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HEADS M OT PASOTE

GRIDESSN

A B N E R C R Y R A C S U E



**CIRCLED
LETTERS:**

[illegible]

**LEARN MORE AT [WWW.KIDSHEALTH.ORG/
KID/STAY_HEALTHY/FOOD/PYRAMID.HTML](http://WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML)**

Lunch
Chicken Fajita
Spanish Rice
Baked Nacho Scoops
Salsa
Mandarin Oranges
*School Choice Entrée

Thanksgiving Meal
Turkey and Dressing
Stuffing
Seasoned Green Beans
Glazed Sweet Potatoes
Cranberry Sauce
Roll

School Choice Menus

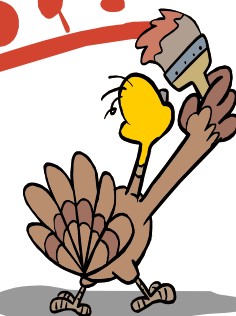
Early Dismissal

Lunch
 Chef Salad
 w/ Low-Fat Dressing
 Crackers
 Fresh Fruit
 Seasoned Lima Beans
 *School Choice Entrée

THANKSGIVING FEAST!

Featuring all of your
favorite trimmings and
lots of fun!

Tuesday, Nov. 23

**Offered Daily**

Chef Salad
Fresh Fruit
Milk