

# Menus for November 2015

**Altha High School**

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Until about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use as a complement to "spring" in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with "autumn" while their distant cousins preferred "fall." And that's why, to this day, this is the only season we have two words for!

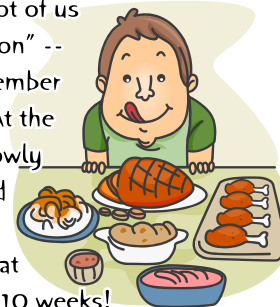
## NUTRITION TO GO

Occasional fast food meals don't have to be unhealthy. Choose the smallest burger instead of the biggest. Go for mustard rather than ketchup or mayo. Skip the gooey sauces and get lettuce, tomato, onion, and pickle instead. Look for grilled options instead of breaded and/or fried. And if you must have fries, savor a small order.

A TASTY MORSEL FOR PARENTS

## Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



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

### Monday, November 2

#### Breakfast

Egg and Cheese Biscuit  
Potato Rounds  
Assorted Juice  
Fruit

#### Lunch

Chicken Nuggets w/ WG Roll  
Cheese Burger on WG Bun  
Chicken Caesar Salad w/ WG Bread Stick

#### Sides

Mashed Potatoes  
W/K Corn  
Fruit

### Tuesday, November 3

#### Breakfast

Scrambled Eggs and Grits  
Buttered Toast  
Assorted Juice  
Fruit

#### Lunch

Spaghetti w/ Meat Sauce  
Chicken Burger on WG Bun  
Chef Salad w/ WG Bread Stick

#### Sides

Caesar Salad  
Carrot Sticks w/ Ranch  
Fruit

### Wednesday, November 4

#### Breakfast

Pancakes w/ Syrup  
Turkey Sausage  
Assorted Juice  
Fruit

#### Lunch

Fish Nuggets  
Turkey and Cheese Wrap  
Taco Salad w/ WG Chips

#### Sides

Baked Beans  
Steamed Broccoli  
Fruit

### Thursday, November 5

#### Breakfast

Sausage Biscuit  
Potato Rounds  
Assorted Juice  
Fruit

#### Lunch

Sliced Ham w/ Mac and Cheese  
Buffalo Chicken Wrap  
Chef Salad w/ WG Bread Stick

#### Sides

Green Beans  
Sweet Potatoes  
Fruit

### Friday, November 6

#### Breakfast

Waffle w/ Syrup  
Turkey Sausage Patty  
Assorted Juice  
Fruit

#### Lunch

HM Cheese Pizza  
Cheese Burger on WG Bun  
Garden Salad w/ Chicken w/ WG Bread Stick

#### Sides

Baked Potato Wedges  
Lettuce/Tomato Salad  
Fresh Fruit

### Monday, November 9

#### Breakfast

Breakfast Pizza  
Potato Tots  
Assorted Juice  
Fruit

#### Lunch

Chicken Sandwich on WG Bun  
Buffalo Chicken Wrap  
Chef Salad w/ WG Bread Stick

#### Sides

Caesar Salad  
Baked Potato Wedges  
Fruit

### Tuesday, November 10

#### Breakfast

Egg and Cheese Biscuit  
Potato Rounds  
Assorted Juice  
Fruit

#### Lunch

Beef Taco w/ Cheese, WG Shell and Salsa  
Turkey and Cheese Wrap  
Chicken Salad w/ Fruit w/ WG Bread Stick

#### Sides

Lettuce/Tomato  
Black Beans Salsa  
Fruit

### Wednesday, November 11

#### Breakfast

Grits w/ Ham Cubes  
Sweet Potato Muffin  
Assorted Juice  
Fruit

#### Lunch

Corn Dog Nuggets  
HM Pizza  
Chef Salad w/ WG Bread Stick

#### Sides

Corn  
Garden Salad  
Fruit

### Thursday, November 12

#### Breakfast

French Toast Sticks w/ Syrup  
Turkey Sausage  
Assorted Juice  
Fruit

#### Lunch

Chicken Parmesan w/ Pasta  
Chicken Burger on WG Bun  
Caesar Chicken Salad w/ WG Bread Stick

#### Sides

Steamed Broccoli  
Carrot Sticks w/ Ranch  
Fruit

### Friday, November 13

#### Breakfast

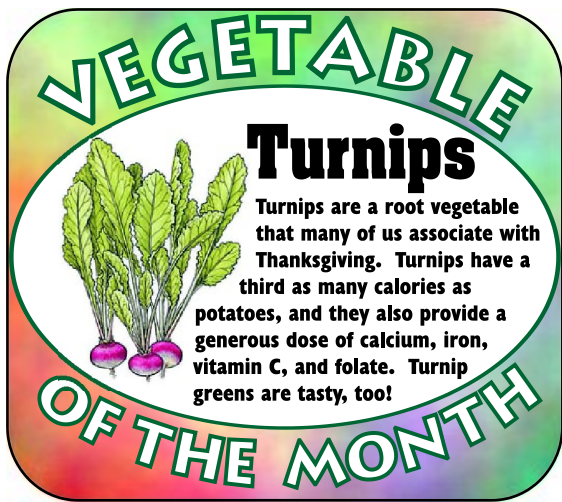
Sausage Biscuit  
Potato Rounds  
Assorted Juice  
Fruit

#### Lunch

Hamburger on WG Bun  
HM Cheese Pizza  
Taco Salad w/ WG Chips

#### Sides

Baked Potato Wedges  
Sliced Tomatoes/ Lettuce  
Fresh Fruit



## Default fruit.

There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has "berry" right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly  $\frac{1}{4}$  cup contains 6 teaspoons of sugar. That's an entire day's worth!



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

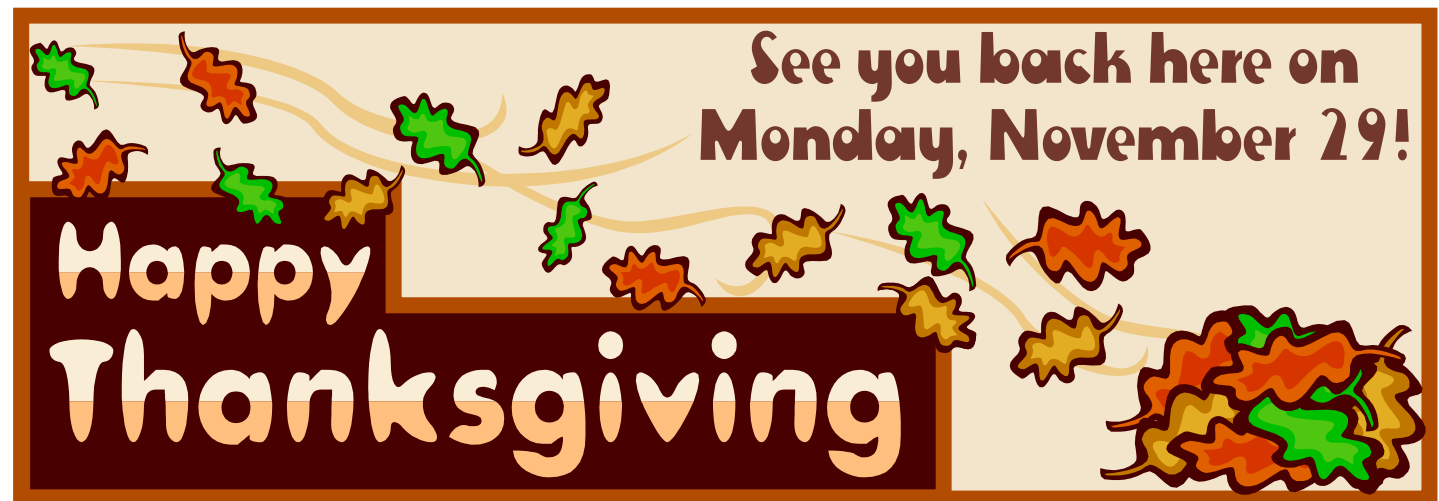
Monday, November 16
<b>Breakfast</b> Egg and Cheese Biscuit Potato Rounds Assorted Juice Fruit
<b>Lunch</b> Chicken Sandwich on WG Bun Buffalo Chicken Wrap Chef Salad w/ WG Bread Stick
<b>Sides</b> Steamed Broccoli Baked Potato Wedges Fruit

Tuesday, November 17
<b>Breakfast</b> Scrambled Eggs and Grits Buttered Toast Assorted Juice Fruit
<b>Lunch</b> Chicken Nuggets w/ WG Roll Meatball Sub Taco Salad
<b>Sides</b> Baked Potato Wedges Green Peas Fruit

Wednesday, November 18
<b>Breakfast</b> Pancakes w/ Syrup Turkey Sausage Assorted Juice Fruit
<b>Lunch</b> Hot Dog Cheese Burger Chicken Caesar Salad
<b>Sides</b> French Fries Baked Beans Fruit

Thursday, November 19
<b>Breakfast</b> Sausage Biscuit Potato Rounds Assorted Juice Fruit
<b>Lunch</b> Tony's Cheese Pizza Chicken Burger Chef Salad
<b>Sides</b> Broccoli Carrot Sticks w/ Ranch Fruit

Friday, November 20
<b>Breakfast</b> French Toast Sticks w/ Sausage Turkey Sausage Patty Assorted Juice Fruit
<b>Lunch</b> Ham w/ Cornbread Dressing w/ Gravy and Cranberry Sauce
<b>Sides</b> Sweet Potatoes Green Beans W/G Roll Fresh Fruit



Monday, November 30
<b>Breakfast</b> Egg and Cheese Biscuit Potato Rounds Assorted Juice Fruit
<b>Lunch</b> Chicken Nuggets w/ WG Roll Cheese Burger on WG Bun Chicken Caesar Salad w/ WG Bread Stick
<b>Sides</b> Mashed Potatoes W/K Corn Fruit

★ OUR NATION'S HISTORY ★

In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.

★ WITH LIBERTY & JUSTICE FOR ALL ★