

**\*\*\* Recipes and/or Nutrition Fact Label needed**

**November 2009**  
**Academie Lafayette**

All Meals include 8oz. Milk. Lunch choice is Chocolate or Strawberry Skim or 2% White

**Thanksgiving Meal** - The holidays don't have to be about over-eating. Here are some tips that will help you have a healthy, happy and balanced Thanksgiving.  
1) Drink water. 2) Eat (at least some of) the healthier foods. 3) Only eat until you feel full. 4) Play football or another fall sport as a family. Remember: The whole point of the holiday season is to enjoy being with those you love--not eating more than you need.

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <p>2<br/>Breakfast Burrito<br/>Orange Juice</p> <p>Hot Dog on Wheat Bun<br/>w/ Ketchup &amp; Mustard<br/><b>Baked Beans</b><br/>Apple- Hand Fruit</p>                                       | <p>3<br/><b>Frosted Flakes Cereal</b><br/>Super Cinnamon Bun<br/>Banana - Fresh Fruit</p> <p><b>Burger on Bun</b><br/><b>(Cheese on side)</b><br/>w/ Ketchup &amp; Mustard<br/>Potato Wedges<br/>Red Delicious Apple</p>         | <p>4<br/>Breakfast Hot Pocket<br/>Apple Juice</p> <p>Taco Salad<br/>w/ Taco Sauce<br/>Mexican Corn<br/>Diced Pears</p>  | <p>5<br/>Pancake on a stick w/ Syrup<br/>Apple – Fresh Fruit</p> <p><b>Turkey Ala King</b><br/><b>over Biscuit</b><br/>Peas &amp; Carrots<br/>Banana</p>                                    | <p>6<br/><b>Closed</b></p>   |
| <p>9<br/>Breakfast Taco<br/>Orange Juice</p> <p><b>Lunch from Bistro Kids</b><br/>WW Breadstick<br/>Fresh Fruit<br/>Fresh Veggie<br/>Skim Milk</p>  | <p>10<br/>Honey Nut Cheerios Cereal<br/>Blueberry Muffin w/ Margarine<br/>Banana - Fresh Fruit</p> <p><b>Lunch from Bistro Kids</b><br/>Grilled Cheese<br/>Yogurt Granola Parfait<br/>Fresh Fruit &amp; Veggie<br/>Skim Milk</p> | <p>11<br/>Turkey Sausage Biscuit w/ Jelly<br/>Apple Juice</p> <p><b>Lunch from Bistro Kids</b><br/>Cheseburger<br/>Pumpkin Muffin<br/>Fresh Fruit &amp; Veggie<br/>Skim Milk</p>                      | <p>12<br/>Bagel w/ Cream Cheese<br/>Apple – Fresh Fruit</p> <p><b>Lunch from Bistro Kids</b><br/>Cheese Pizza<br/>Yogurt Tube<br/>Fresh Fruit &amp; Veggie<br/>Skim Milk</p>                | <p>13<br/>2 Waffles w/ Margarine &amp; Syrup<br/>Orange Juice</p> <p><b>Lunch from Bistro Kids</b><br/>Baked Chicken Strips<br/>Harvest Soup<br/>WW Crackers<br/>Fresh Fruit<br/>Skim Milk</p> |
| <p>16<br/>2 Waffles w/ Syrup &amp; Margarine<br/>Orange Juice</p> <p><b>Lunch from Bistro Kids</b><br/>Bison Chili<br/>WW Roll<br/>Fresh Fruit &amp; Veggie<br/>Skim Milk</p>               | <p>17<br/>Yogurt<br/>Cinnamon Bun<br/>Banana - Fresh Fruit</p> <p><b>Lunch from Bistro Kids</b><br/>Sunbutter &amp; Jelly Sandwich<br/>String Chese<br/>Cheese, Crackers<br/>Fruit and Water</p>                                 | <p>18<br/>French Toast Sticks w/ Syrup<br/><b>Apple Juice</b></p> <p><b>Shrimp Poppers w/ Tarter</b><br/><b>Sauce</b><br/>Carrot Sticks w/ Ranch Dressing<br/>Wheat Bread w/ Margarine<br/>Grapes</p> | <p>19<br/>Bagel w/ Cream Cheese<br/>Apple – Fresh Fruit</p> <p><b>Sliced Turkey</b><br/>Mashed Potatoes &amp; Gravy<br/>Green Beans<br/>Dinner Roll w/ Margarine<br/>Cranberry Sauce PC</p> | <p>20<br/>2 Pancakes w/ Margarine &amp; Syrup<br/>Orange Juice</p> <p><b>Totally Taco Wedges</b><br/><b>Nacho Chips</b><br/>Mexican Corn<br/>Red Delicious Apple</p>                           |
| <p>23<br/>Breakfast Burrito<br/>Orange Juice</p> <p><b>Philly</b><br/><b>Red Potato Wedges</b><br/>Apple</p>  | <p>24<br/>Cheerios Cereal<br/>Blueberry Muffin w/ Margarine<br/>Banana - Fresh Fruit</p> <p>Sub Sandwich<br/>w/ Salad Dressing &amp; Mustard<br/>Carrot Sticks w/ Ranch Dressing<br/>Pear -Hand Fruit</p>                        | <p>25<br/><b>Closed</b></p>   | <p>26<br/><b>Happy Thanksgiving</b></p>   | <p>27<br/><b>Closed</b></p>  |
| <p>30<br/>Frosted Flakes Cereal<br/><b>Whole Grain Pop Tart</b><br/>Orange Juice</p> <p><b>Ranch Chicken Breast</b><br/>Potatoes Au Gratin<br/>Wheat Bread w/ Margarine<br/>Mixed Fruit</p> |   |   |    |  |

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Treat America School Food Service  
Manager

Menu subject to change

Susan Young – K-12 General