

November

Menu 2021

Eagle Elementary School - District 145

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

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

SCHOOL 145 DISTRICT NUTRITION SERVICES

Just one thing . . .

As we've been telling you for over a year now, all meals are no charge for all students every school day all year long. But, to clear up any confusion, we need to remind everyone that that means every student can get one free meal at breakfast and one at lunch every day. What that doesn't mean is that we're now an all-you-can-eat buffet. According to the regulations we have to follow, we can only feed you one no-cost meal at each meal time. So one free breakfast. One free lunch. For every student. Every day. All year long. We hope you're taking advantage of this great program, and, trust us, we love seeing your smiling face - twice a day.

School Meals
We serve education every day™

Monday, November 1

Entrée Carb Count
Lunch
Breaded Chicken Sandwich
Breaded Chicken 13g
WG Bun - 21g
WG Chip 1oz
Fruit & Vegetable Milk

Tuesday, November 2

No School

Wed, November 3

Lunch
Maple Sausage Breakfast Sandwich 19g
Cheese Omelet -4g
Tri-tater - 14g
Fruit Milk

Thurs, November 4

Lunch
WG Bun - 21g
Hamburger - 2g
Tator Gems - 19g
Fruit & Vegetable Milk

Friday, November 5

Lunch
Cheese Pizza - 34g - 19g
Fruit by Foot - 17g
Fruit & Vegetable Milk

Monday, November 8

Lunch
Hot Dog /Bun
Hot Dog - 6.8g
WB Bun - 28g
WG Chip 1oz
Fruit & Vegetable Milk

Tuesday, November 9

Lunch
Asian Orange Chicken - 19g
Rice WGR 1/2 cup 36g
Fortune Cookie - 16g
Fruit & Vegetable Milk

Wed, November 10

Lunch
Turkey Gravy - 12g
Mashed Potatoes 1/2 cup - 34g
WG Tea Roll - 14g
Fruit & Vegetable Milk

Thurs, November 11

Lunch
Sloppy Joe Sandwich 29g
Cheez It Crackers 14g
Fruit & Vegetable Milk

Friday, November 12

Lunch
2- WGR Pancakes 28g
Syrup Cup 1.5oz -32g
Ham Patty-2g
Fruit & Vegetable Milk



What's on **YOUR** plate?

What-a-melon!

You might ask, "What is this watermelon doing wearing a big pink bow and sitting on a gold throne?" More importantly, you might ask, "Why is this watermelon square?!" These square melons debuted in Japan as a trendy gift, selling for around \$200 each. They're grown in boxes to get the cube shape, and they're meant to be ornamental, and most often they are not meant to be eaten, just admired!



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

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!

Mon, November 15

Lunch

Chicken Nuggets - 16g
Cornbread Muffin - 28g
Fruit & Vegetable Milk

Tues, November 16

Lunch

Mini Corn Dogs - 22g
WG Chip
Mini Rice Krispie Treat—9g
Fruit & Vegetable Milk

Wed, November 17

Lunch

Breaded Beef Sticks 18g
Mashed potatoes 1/2 cup - 34g
WG Tea Roll - 14g
Fruit & Vegetable Milk

Thurs, November 18

Lunch

Chicken Mini Drumsticks - 12g
WGR Biscuit - 22g
Individual Jelly
Fruit & Vegetable Milk

Friday, November 19

Lunch

Pizza Pockets
Crunchers - 21g
(Cheese)
Cherry Slushie Cup - 25g
Fruit & Vegetable Milk

STALACTITE

Hangs from the Ceiling of a cave - contains the letter "c"

Underground caves contain cool formations called "stalactites" and "stalagmites." They form when water seeps through the ground and drips from the cave ceiling.

STALAGMITE

Grows from the Ground of a cave - contains the letter "g"

There are caves you can tour in almost every state. You're probably no more than a few hours away from one!

Mon, November 22

Lunch

Popcorn
Chicken - 26g
WG Chip
Fruit & Vegetable Milk

Tues, November 23

Lunch

Rotini & Meat Sauce
Rotini 1/2 cup—39g
Meat Sauce - 4g
WG Tea Roll - 14g
Fruit & Vegetable Milk

Mon, November 29

Lunch

Chef's Choice

Tues, November 30

Lunch

Cheese Stuffed Breadstick - 15g
Marinara Sauce - 1/2 Apple Pie Breadstick - 19g
Fruit & Vegetable Milk

THANKSGIVING!

ENJOY YOUR HOLIDAY!

SEE YOU MONDAY!



THURSDAY,
NOVEMBER
25, 2021

ABOVE and BEYOND



If the state of Alaska were placed inside the continental United States, it would stretch from coast to coast and from Canada to Texas. At their closest point, Alaska and Russia are only 55 miles apart.