



# November 2009

MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th
<p><del>NOX</del></p> <p><del>SCHOOL</del></p> <p>Chicken Wings or Hamburgers</p>	<p>Chicken and Broccoli over Rotini</p> <p>Or</p> <p>Ham Sandwich on Wheat</p> <p>STEAMED GREEN BEANS</p>	<p>LBI Pizza</p> <p>Or</p> <p>Chicken Noodle Soup</p> <p>STEAMED CORN</p>	<p>Roast Chicken</p> <p>Or</p> <p>Vegetable Hummus Wrap</p> <p>BAKED ACORN SQUASH</p>	<p>Chicken Stir-fry</p> <p>Or</p> <p>Turkey Sandwich on Wheat Bread</p> <p>VEGETABLE MEDLEY</p>
MONDAY 9th	TUESDAY 10th	WEDNESDAY 11th	THURSDAY 12th	FRIDAY 13th
<p>Sloppy Joe</p> <p>or</p> <p>Turkey and Cheese Sandwich</p> <p>HOME FRIES</p>	<p>Rotini Noodles with Bolognese Sauce</p> <p>Or</p> <p>Tuna Melt</p> <p>STEAMED BROCCOLI</p>	<p>Waffles with Strawberries</p> <p>And</p> <p>Sausage Links</p> <p>SALAD BAR</p>	<p>Chicken Tacos</p> <p>Or</p> <p>Red Beans and Rice</p> <p>BLACK BEAN SOUP</p>	<p>Chicken Pot Pie</p> <p>Or</p> <p>Veggie Cheese Wrap</p> <p>ROAST CAULIFLOWER</p>
MONDAY 16th	TUESDAY 17th	WEDNESDAY 18th	THURSDAY 19th	FRIDAY 20th
<p>Rice Farm's Angus Burger</p> <p>Or</p> <p>Potato Leek Soup</p> <p>GREEN BEANS</p>	<p>Turkey Tetrizzini</p> <p>Or</p> <p>Smoked Turkey In Wheat Pita</p> <p>SWEET POTATOES</p>	<p>LBI Pizza</p> <p>Or</p> <p>Vegetable Hummus Wrap</p> <p>GLAZED CARROTS</p>	<p>Grilled Cheese Sandwich</p> <p>Or</p> <p>Tomato Basil Soup</p> <p>BUTTERNUT SQUASH</p>	<p><b>Thanksgiving Lunch</b></p> <p>Roast turkey with Gravy, Stuffing, Mashed potatoes, and corn</p> <p>SALAD BAR</p>



# November 2009

MONDAY 23rd	TUESDAY 24th	WEDNESDAY 25th	THURSDAY 26th	FRIDAY 27th
Rice Farm's Hot Dog  Or  Ham and Cheese on Wheat  ROAST RED SKIN POTATOES	Marinara with Rotini Noodles  or  Chicken Salad Wrap  BROCCOLI	Half Day  <del>No</del> School  No Lunch	Happy Thanksgiving!	No School
<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>
Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread

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### GET TO KNOW THE MENU

- MARINARA- A tomato sauce or spaghetti sauce.
- LOCAL HOT DOG-A hot dog made locally by Rice Farms in Benzonia. No hormones or preservatives added.
- CACCIATORE- A tomato sauce with chicken meat added.
- BOLOGNESE- A tomato sauce with ground beef added.
- ROTINI NOODLE- A spiral-shaped noodle.
- MIREPOIX- Carrots, celery, and onions used in the preparation for soups, stews, and sauces.
- PLEVALEAN- Local ground sirloin burgers enhanced with cherries.
- STROGANOFF- Stew meat that has been braised with mirepoix, mushrooms, beef stock, sour cream and herbs. Served over noodles.
- SPAGHETTI SQUASH- A yellow hard-shelled squash that can be steamed or baked. After cooking the interior of the squash, it can be flaked out with a fork. Resembles spaghetti with its long threads.
- EGGPLANT PARMESAN- An Italian dish where eggplant is layered and baked with marinara and cheese.
- CHOWDER- A hearty soup that has the addition of potatoes.
- QUESADILLA- A Mexican-style sandwich with grilled tortillas and cheese filling.

### Thank you to our corporate sponsors of Life Balance Initiative



*If you are interested in a sponsorship opportunity, please contact Wayne Mueller at 995-8428.*