

**ENERGIZE YOUR BRAIN!!!!
FUEL UP WITH SCHOOL
BREAKFAST!!!**

MONDAY	TUESDAY	WEDNESDAY
PANCAKE AND SAUSAGE ON A STICK PEARS, JUICE MILK	MINI PANCAKES APPLESAUCE JUICE, MILK	SCRAMBLED EGG, TOAST FRUIT, JUICE MILK

THURSDAY	FRIDAY
BREAKFAST SANDWICH WARM APPLE SLICES JUICE, MILK	FRENCH TOAST STICKS FRUIT, JUICE MILK

OTHER OPTIONS AVAILABLE

CEREAL/YOGURT, MUFFIN, OR BAGEL

STUDENTS \$1.25

ADULTS \$1.75



DID YOU KNOW???

**THE DEPRESSION YEARS
CAUSED CHILDHOOD MAL-
NOURISHMENT AND AS A**

**RESULT, MANY YOUNG MEN WERE
TURNED DOWN FOR MILITARY SERVICE
DUE TO NUTRITIONAL DEFICIENCIES.**

**THIS LED TO THE ESTABLISHMENT OF
THE NATIONAL SCHOOL LUNCH
PROGRAM IN 1946!**

GWRSD ELEMENTARY MENU

NOVEMBER 2-NOVEMBER 30, 2009

MENU SUBJECT TO CHANGE, DAILY MILK CHOICES

WEEK 1 NOVEMBER 2-6

- 2 TERYAKI CHICKEN DIPPERS/WHEAT ROLL/MASHED POTATO/CARROTS/PUDDING OR HAM&CHEESE ON WHEAT
- 3 HOT DOG/BUN/ WHEAT PASTA SALAD& VEGGIES/ PEACHES OR TUNA SALAD PLATE
- 4 SPAGHETTI WITH PLAIN/MEAT SAUCE/GREEN BEANS/ GARLIC BREAD/BLUEBERRY CRISP OR EGG SALAD ROLL
- 5 MINESTRONE SOUP/ SUB CHOICES/FRESH VEGGIE TOPPINGS/CHIPS/PEARS
- 6 PIZZA/SALAD/FRUIT

WEEK 2 NOVEMBER 9- 13

- 9 ITALIAN DUNKERS/GARDEN SALAD/FRUIT OR HAM SALAD PLATE
- 10 CHICKEN NUGGETS/BROWN RICE/CARROTS/WARM APPLE SLICES OR TUNA ROLL
- 11 VETERAN'S DAY NO SCHOOL
- 12 HAMBURGER/CHEESEBURGER/BUN/OVEN POTATOES/ LETTUCE/TOMATO/PICKLE/ONION/FRUIT OR SALAD PLATE
- 13 PIZZA/SALAD/FRUIT OR HAM&CHEESE SUB

WEEK 3 NOVEMBER 16-20

- 16 VEGGIE SOUP/BIG CHICKEN/BUN/LETTUCE/TOMATO COOKIE/FRUIT OR TUNA ROLL
- 17 MAC AND CHEESE WITH HAM ROLL/GREEN BEANS WHEAT BREADSTICK/DESSERT OR EGG SALAD WRAP

JUST A REMINDER.....

**CHARGING OF MEALS IS STRONGLY DISCOURAGED. YOU
MAY PRE PAY YOUR CHILD'S ACCOUNT AT ANY TIME.
PLEASE FEEL FREE TO CHECK ON THE ACCOUNT BAL-
ANCE AT ANY TIME.**

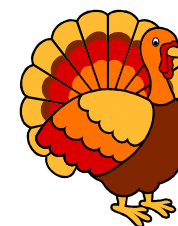
..And Justice For All

**This facility is operated in accordance with U.S.
Department of Agriculture policy which does not permit
discrimination because of race, color, sex, age,
disability or national origin.**

- 18 MEATBALL SUB/CHIPS/VEGGIE MUNCH/OR CHEF'S SALAD PLATE
- 19 TURKEY DINNER(ALL SCHOOLS EXCEPT NEW DURHAM ELEM, TOMATO SOUP, TOASTED CHEESE FRESH VEGGIE MUNCH, LOWFAT DIP, GRAPES)
- 20 PIZZA/GARDEN SALAD/FRESH FRUIT(NEW DURHAM TURKEY DINNER)

WEEK 4 NOVEMBER 23-27

- 23&24 INSERVICE& PARENT CONFERENCES
- 25-27 THANKSGIVING RECESS



**APPLICATIONS FOR FREE OR REDUCED PRICE
MEALS ARE AVAILABLE AT ANY TIME DUR-
ING THE SCHOOL YEAR.**

**YOU MAY PICK ONE UP AT YOUR CHILD'S
SCHOOL, OR CALL THE FOODSERVICE OF-
FICE AT 569-2433 FOR ASSISTANCE.**