











Laurel Bay Schools Menu November 2009

Monday		Tuesday		Wednesday		Thursday		Friday						
Menu subject to change without notice														
2 Trix Cereal Buttered Toast Pineapple Juice Milk		3 Pancakes Heated Syrup Apple Juice Milk		4 Egg and Cheese Biscuit Diced Peaches Milk		5 Yogurt Cinnamon Pop Tart Grape Juice Milk		6 Breakfast Pizza Orange Juice Milk						
9 Honey Nut Cheerios Whole Wheat Toast Orange Juice Milk		10 Toasted Waffles Heated Syrup Cheery Applesauce Milk		11 Holiday -- No School		12 Cheese Toast Diced Pears Milk		13 Breakfast Pizza Orange Juice Milk						
16 Golden Grahams English Muffin Half Apple Juice Milk		17 French Toast Sticks Heated Syrup Cinnamon Applesauce Milk		18 Buttered Grits Cinnamon Toast Diced Pears Milk		19 Scrambled Eggs Sausage Links Pineapple Juice Milk		20 Breakfast Pizza Orange Juice Milk						
30 Trix Cereal English Muffin Half Grape Juice Milk		 BREAKFAST 												
					 LUNCH 									
A Hot Dog Baked Beans French Fries Chilled Fruit Icy Cold Milk	2	B Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice	3	A Pepperoni Pizza Seasoned Corn Fresh Apple Ice Cream Cup Icy Cold Milk	B Mini Chef Salad Applesauce Pretzel Juice Bar	4	A Golden Chicken Nuggets Steamy Rice with Chicken Gravy Good Garden Peas Sliced Peaches Icy Cold Milk	B Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice	5	A Home Made Spaghetti with Meat Sauce Seasoned Corn Bread Stick Icy Cold Milk	B Mini Chef Salad Applesauce Pretzel Juice Bar	6	A Burrito Yellow Rice Seasoned Succotash Mixed Fruit Icy Cold Milk	B Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice
A Circus Corn Dog Fabulous French Fries Seasoned Green Beans Fresh Fruit Icy Cold Milk	9	B Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice	10 Birthday Bash Cheese Pizza Seasoned Corn Orange Wedges Birthday Cake Ice Cream Cup Icy Cold Milk  Happy B-Day Marine Corps	B Mini Chef Salad Applesauce Pretzel Juice Bar	11 VETERANS DAY NO SCHOOL 	12	A Baked Lasagna Garlic Toast Seasoned Green Beans Peach Crisp Icy Cold Milk	B Mini Chef Salad Applesauce Pretzel Juice	13	A Lip Smackin' Fried Chicken Mashed Potatoes with Chicken Gravy Seasoned Green Beans Hot Roll Apple Crisp	B Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice			
A Beef Ravioli Seasoned Green Beans Bread Stick Chilled Applesauce Icy Cold Milk	16	B Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice	17	A Hoagie Sandwich w/ Shredded Lettuce Tumbling Tater Tots Peaches Icy Cold Milk	B Mini Chef Salad Applesauce Pretzel Juice Bar	18	A Montreal Baked Chicken Steamed Rice w/ Chicken Gravy Glazed Carrots Mixed Fruit Icy Cold Milk	B Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice	19	A Personal Pizza Seasoned Corn Fresh Apple Ice Cream Cup Icy Cold Milk	B Mini Chef Salad Applesauce Pretzel Juice Bar	20	Roast Turkey with Gravy Candied Sweet Potatoes Corn Bread Dressing Fruited Jello Icy Cold Milk 	
 THANKSGIVING BREAK --- HAVE A GREAT TURKEY DAY														
A Chili Cheese Dog on a Bun Oven Baked Beans Chilled Fruit Icy Cold Milk	30	B Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice	November is National American Indian Heritage Month Ira Hayes, a Pima Indian and Marine, helped raise the US Flag on Iwo Jim: Navaho code-talkers, speaking in a code based on the Navaho language, helped fool Japanese soldiers listening to our radio communications in WWII  				Maize (corn), beans and squash are traditional staples of the American Indian diet and were often grown together. The bean vines grew up the corn stalks and provided nitrogen to the soil. Squash was planted between the rows of corn to help keep the weeds out. This method was a very efficient way to maximize the harvest from a small patch of ground.							

Note: