












## Laurel Bay Schools Menu November 2009

Monday		Tuesday		Wednesday		Thursday		Friday											
Menu subject to change without notice																			
<b>2</b> Trix Cereal Buttered Toast Pineapple Juice Milk		<b>3</b> Pancakes Heated Syrup Apple Juice Milk		<b>4</b> Egg and Cheese Biscuit Diced Peaches Milk		<b>5</b> Yogurt Cinnamon Pop Tart Grape Juice Milk		<b>6</b> Breakfast Pizza Orange Juice Milk											
<b>9</b> Honey Nut Cheerios Whole Wheat Toast Orange Juice Milk		<b>10</b> Toasted Waffles Heated Syrup Cheery Applesauce Milk		<b>11</b> <b>Holiday -- No School</b>		<b>12</b> Cheese Toast Diced Pears Milk		<b>13</b> Breakfast Pizza Orange Juice Milk											
<b>16</b> Golden Grahams English Muffin Half Apple Juice Milk		<b>17</b> French Toast Sticks Heated Syrup Cinnamon Applesauce Milk		<b>18</b> Buttered Grits Cinnamon Toast Diced Pears Milk		<b>19</b> Scrambled Eggs Sausage Links Pineapple Juice Milk		<b>20</b> Breakfast Pizza Orange Juice Milk											
<b>30</b> Trix Cereal English Muffin Half Grape Juice Milk		 <span style="font-size: 2em; font-weight: bold; color: purple;">BREAKFAST</span>  				 <span style="font-size: 4em; font-weight: bold; color: orange;">LUNCH</span>  													
<b>D 2</b> Hot Dog Baked Beans French Fries Chilled Fruit Icy Cold Milk	<b>E 3</b> Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice	<b>F 4</b> Golden Chicken Nuggets Steamy Rice with Chicken Gravy Good Garden Peas Sliced Peaches Icy Cold Milk	<b>A 5</b> Home Made Spaghetti with Meat Sauce Seasoned Corn Bread Stick Icy Cold Milk	<b>B 6</b> Burrito Yellow Rice Seasoned Succotash Mixed Fruit Icy Cold Milk	<b>Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice</b>	<b>E 9</b> Circus Corn Dog Fabulous French Fries Seasoned Green Beans Fresh Fruit Icy Cold Milk	<b>C 9</b> Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice	<b>D 10</b> <b>Birthday Bash</b> Cheese Pizza Seasoned Corn Orange Wedges Birthday Cake Ice Cream Cup Icy Cold Milk  <span style="color: red;">Happy B-Day Marine Corps</span>	<b>D 11</b> <b>VETERANS DAY</b>  <b>NO SCHOOL</b>  	<b>E 12</b> Baked Lasagna Garlic Toast Seasoned Green Beans Peach Crisp Icy Cold Milk	<b>F 13</b> 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</b>	<b>A 16</b> Beef Ravioli Seasoned Green Beans Bread Stick Chilled Applesauce Icy Cold Milk	<b>B 17</b> Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice	<b>B 17</b> Hoagie Sandwich w/ Shredded Lettuce Tumbling Tater Tots Peaches Icy Cold Milk	<b>C 18</b> Montreal Baked Chicken Steamed Rice w/ Chicken Gravy Glazed Carrots Mixed Fruit Icy Cold Milk	<b>D 19</b> Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice	<b>D 19</b> Personal Pizza Seasoned Corn Fresh Apple Ice Cream Cup Icy Cold Milk	<b>E 20</b> Roast Turkey with Gravy Candied Sweet Potatoes Corn Bread Dressing Fruited Jello Icy Cold Milk
 <span style="font-size: 2em; font-weight: bold; color: black;">THANKSGIVING BREAK --- HAVE A GREAT TURKEY DAY</span> 																			
<b>30</b> Chili Cheese Dog on a Bun Oven Baked Beans Chilled Fruit Icy Cold Milk	<b>Yogurt Cheese Stick Fresh Fruit Mini-Muffin Juice</b>	<b>November is National American Indian Heritage Month</b>  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.												

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Note:

- A student may pick either entrée
- A student must pick two vegetable/fruit selections
- A student must have a grain/bread component
- A student must have a milk