

# Nutrition Express NOVEMBER 2020

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

## Heroes in APRONS?!

You'll forgive us if we think the folks who work on the front lines of our child nutrition program always make heroic efforts to feed our kids. But that's never been more true than right now. The dedicated men and women who prepare and serve our meals make daily sacrifices so all of our community's students can eat well, every day. During this month of giving thanks, please join us in showing your appreciation for the work they do.

**School Meals**  
*We serve education every day™*

### Monday, November 2

#### **Breakfast**

Frosted Flakes  
Graham Crackers  
Orange Tangerine Fruit Juice  
Fresh Gala Apple

#### **Lunch**

Grilled Cheese \*  
Carrot Sticks (9)  
Ranch Dressing  
Mandarin Oranges  
Apple Juice  
Shortbread Cookies

#### **Meatless Monday:**

**Production Sites: Cheese Dippers**

### Tuesday, November 3

#### **Cook at Home Breakfast**

Breaded Chicken Filet\* with  
Biscuit  
Apple Juice  
Diced Peaches

#### **Lunch**

**Chicken Tenders\* with  
Breadstick**  
Celery Sticks (5)  
Corn Salad  
Ranch Dressing  
Applesauce  
Fruit Punch Juice

### Wednesday, November 4

#### **Breakfast**

Assorted Cereal  
with Biscuit  
Mixed Fruit Juice  
Fresh Gala Apple

#### **Lunch**

Turkey Croissant Sandwich  
*Cucumber and Tomato Salad*  
VBlend Juice  
Pretzels  
Diced Pears  
Mixed Berry Juice

**Wings Wednesdays  
(Production sites only)**

### Thursday, November 5

#### **Cook at Home Breakfast**

Cinnamon Toast Crunch Pastry  
Orange Tangerine Juice  
Fresh Pear

#### **Lunch**

**Breaded Chicken\*** with Bun  
Cherry Tomatoes with Ranch  
Coleslaw  
Ranch Dressing  
Cinnamon Applesauce  
Fruit Punch Juice

### Friday, November 6

#### **Breakfast**

Frosted Mini Wheats  
Graham Crackers  
Orange Tangerine Juice  
Red Delicious Apple

#### **Lunch**

Turkey Club Sub with Turkey  
Bacon  
Sliced Tomatoes/Shredded  
Lettuce  
VBlend Juice  
Fruit Cocktail  
Mixed Berry Juice  
Pretzels

**Fiesta Friday  
(Production sites only)**

### Monday, November 9

#### **Meatless Monday Breakfast**

Fruit Loops  
Graham Crackers  
Orange Tangerine Juice  
Fresh Gala Apple

#### **Lunch**

Cheese Dip (2)  
Tostito Chips  
Salsa  
Carrot Sticks (9) with Ranch  
Mandarin Oranges  
Apple Juice  
Shortbread Cookies  
**(Production Sites: Cheese  
Pizza)**

### Tuesday, November 10

#### **Cook at Home Breakfast**

Strawberry Yogurt  
Granola  
Apple Juice  
Diced Peaches

#### **Lunch**

Chicken Chunks with  
Breadstick  
Corn Salad  
Celery Sticks (5)  
Ranch Dressing  
Applesauce  
Fruit Punch Juice

### Wednesday, November 11

#### **Breakfast**

Frosted Mini Wheats  
Graham Gold Fish  
Orange Tangerine Juice  
Red Delicious Apple

#### **Lunch**

Turkey Ham & Cheese on  
Croissant  
Mayo  
*Cucumber and Tomato Salad*  
VBlend Juice  
Orange Tangerine Juice  
Fruit Cocktail

**Wings Wednesdays:  
(Production sites only)**

### Thursday, November 12

#### **Cook at Home Breakfast**

WG PopTarts (2 Pack)  
Mixed Fruit Juice  
Fresh Gala Apple

#### **Lunch**

**Breaded Beef\*** with Bun  
Cherry Tomatoes (6) with  
Ranch  
Coleslaw  
Cinnamon Applesauce  
Fruit Punch Juice\*\*

### Friday, November 13

#### **Breakfast**

Frosted Mini Wheats with  
Biscuit  
Orange Tangerine Juice  
Red Delicious Apple

#### **Lunch**

Turkey Club Sub with Turkey  
Bacon  
Sliced Tomatoes/Shredded  
Lettuce  
VBlend Juice  
Fruit Cocktail  
Mixed Berry Juice  
Pretzels  
**Fiesta Friday**

### **Cook at Home \***

Follow the directions below for preparing "Cook at Home" Items\*  
Handling Instructions

#### **Oven & Microwave Directions**

#### **Breaded Beef**

Preheat oven to 350°F. From FROZEN, bake for 12 minutes. Heat product to a minimum internal temperature of 155°F.

#### **Breaded Chicken Filet (Breakfast)**

Preheat oven to 350°F. From FROZEN, bake for 20 minutes. Heat product to a minimum internal temperature of 165°F.

#### **Breaded Chicken Filet (Lunch)**

Preheat oven to 350°F. From FROZEN, bake for 20 minutes. Heat product to a minimum internal temperature of 165°F.

#### **Chicken Tenders**

Preheat oven to 350°F. From FROZEN, place pieces in a single layer on a lined sheet pan and heat for 20 minutes. For best product quality, heat product to a minimum internal temperature of 165°F.

#### **Grilled Cheese**

Product is Ready-to-Eat but for best quality:  
Preheat oven to 350°F. Bake Thawed product for 12 minutes or to an internal temperature of 160°F.

#### **Pancake N Turkey Link**

Microwave High—Frozen: 30 seconds, turn and cook for 30 more seconds;  
Thawed: 20-25 seconds, turn then 20-25 seconds, turn and cook 20-25 more seconds.  
Conventional Oven—#350°F - Frozen: 31-22 minutes: thawed 22-25 minutes.  
Heat to a minimum of 160°F

All "Cook at Home" items are precooked.

# Thank You



★ VETERANS' DAY NOVEMBER 11 ★



# COUNT OUR BLESSINGS.



For many of us, this Thanksgiving will be unlike any we have ever experienced. Let's try to enjoy the moment, content in our memories of past gatherings and hopes for the future!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Monday, November 16

## Breakfast

Frosted Flakes  
Graham Crackers  
Orange Tangerine Fruit Juice  
Fresh Gala Apple

## Lunch

Grilled Cheese \*  
Carrot Sticks (9)  
Ranch Dressing  
Mandarin Oranges  
Apple Juice  
Shortbread Cookies

**Cheese Pizza**  
(Production sites only)

Tuesday, November 17

## Cook at Home Breakfast

Breaded Chicken Filet\* with Biscuit  
Apple Juice  
Diced Peaches

## Lunch

**Chicken Tenders\* with Breadstick**  
Cherry Tomatoes (6) with Ranch  
VBlend Juice  
Ranch Dressing  
Applesauce  
Fruit Punch Juice

Wednesday, November 18

## Breakfast

Assorted Cereal  
with Biscuit  
Mixed Fruit Juice  
Fresh Gala Apple

## Lunch

Turkey Croissant Sandwich  
**Cucumber and Tomato Salad**  
Celery Sticks (5)  
Pretzels  
Diced Pears  
Mixed Berry Juice

**Roast Turkey/Dressing**  
(Production sites only)

Thursday, November 19

## Cook at Home Breakfast

Cinnamon Toast Crunch Pastry  
Orange Tangerine Juice  
Fresh Pear

## Lunch

**Breaded Chicken\* with Bun**  
Coleslaw  
VBlend Juice  
Ranch Dressing  
Cinnamon Applesauce  
Fruit Punch Juice

Friday, November 20

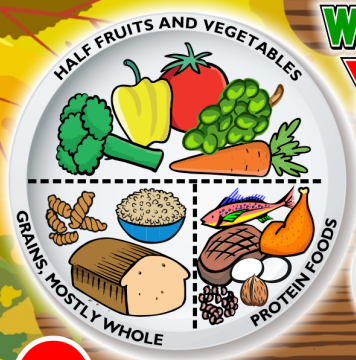
## Breakfast

Frosted Mini Wheats  
Graham Crackers  
Orange Tangerine Juice  
Red Delicious Apple

## Lunch

**Chicken Salad Croissant**  
Chips & Salsa  
Summer Corn Salad  
Fruit Cocktail  
Mixed Berry Juice

**Fiesta Friday**  
(Production sites only)



What's on  
**YOUR**  
plate?



**Q:** Why is it always a good idea to have a turkey in a band?

**A:** Because he brings his own drumsticks! Turkey drumsticks have dark meat because turkeys can't fly! Since turkeys get around by walking, their legs have higher levels of "myoglobin," which helps move oxygen to their muscles—and which also makes the meat in their legs darker. It doesn't make them better drummers, though!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



We'll be serving you again  
**Monday, November 30!**

Monday, November 30

## Meatless Monday Breakfast

Fruit Loops  
Graham Crackers  
Orange Tangerine Juice  
Fresh Gala Apple

## Lunch

Cheese Dip (2)  
Tostito Chips  
Salsa  
VBlend Juice  
Mandarin Oranges  
Apple Juice  
Shortbread Cookies  
(Production Sites: Cheese Pizza)

Tuesday, December 1

## Cook at Home Breakfast

Strawberry Yogurt  
Granola  
Apple Juice  
Diced Peaches

## Lunch

Chicken Chunks with Breadstick  
Corn Salad  
Celery Sticks (5)  
Ranch Dressing  
Applesauce  
Fruit Punch Juice

Wednesday, December 2

## Breakfast

Frosted Mini Wheats  
Graham Gold Fish  
Orange Tangerine Juice  
Red Delicious Apple

## Lunch

Turkey Ham & Cheese on Croissant  
Mayo  
Carrot Sticks (9)  
Orange Tangerine Juice  
Fruit Cocktail  
**Wings Wednesdays:**  
(Production sites only)

Thursday, December 3

## Cook at Home Breakfast

WG PopTarts (2 Pack)  
Mixed Fruit Juice  
Fresh Gala Apple

## Lunch

**Breaded Beef\* with Bun**  
Cherry Tomatoes (6) with Ranch  
Coleslaw  
Cinnamon Applesauce  
Fruit Punch Juice\*\*

Friday, December 4

## Breakfast

Frosted Mini Wheats with Biscuit  
Orange Tangerine Juice  
Red Delicious Apple

## Lunch

Turkey Club Sub with Turkey Bacon  
Cucumber and Tomato Salad  
VBlend Juice  
Fruit Cocktail  
Mixed Berry Juice  
Pretzels  
**Fiesta Friday**  
(Production Sites Only)